

## Taking the reins

### Bolton ready to lead Senior Center into post-COVID world

By JACOB MARROCCO



MATT BOLTON

As Anthony Zompa retires from his role as director of the Johnston Senior Center after two decades, Matt Bolton is ready to step up and lead the group into a post-pandemic world.

Bolton, 27, graduated from Villanova University in Pennsylvania with a degree in sociology, almost immediately putting it to work at the Cranston Senior Enrichment Center. Last year, he pivoted to a new position at the JSC, where he learned about

the community under the tutelage of Zompa and Assistant Director Mildred Santilli.

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### Learning their sacrifice

Diane Clift was walking through Johnston War Memorial Park this weekend when she witnessed this candid moment between a father and daughter. Clift said the man was teaching his daughter about the importance of veterans. (Photo courtesy Diane Clift)



**MOVING ON:** JSC Director Tony Zompa, pictured here in an old ID photo, announced his retirement after 20 years. (Submitted photo)

## Zompa retires from JSC after two decades

By SUN RISE STAFF

Johnston Senior Center Director Anthony Zompa made it official this month when he announced his retirement after 20 years of working for the town's elderly community.

Zompa said that he and his wife of 56 years have "many new adventures ahead of us." His farewell letter, which can be read in its entirety below, will be included in the latest edition of the JSC newsletter:

"There is a universal truth that we all have to face, whether we want

to or not, everything eventually ends. As much as I've looked forward to this day, I've always disliked endings. Last day of summer, the final chapter of a great book, parting ways with a close friend. But endings are inevitable. Leaves fall, you close the book. You say goodbye. Today is one of those days for me.

"As I look back on the accomplishments, I feel happy for what we've done at the JSC. We have worked endlessly to create a Center that has brought so much joy to so many. It is a place

to get acquainted with new friends, visit with old friends, enjoy trips and activities, a place to receive education on so many topics, where many services are offered, and so much more!

"I'm remembering our beginnings. I picture a dumpster floating in the water of the parking lot, while we're being flooded in the 'old' building on Priscilla Lane. We went from there to a beautiful 'state of the art' building that we have been in since 2007. Mayor [Joseph] Polisena, as incoming mayor, opened the doors to the NEW Johnston

Senior Center! We went from 100 members and gradually to over 3000!

"One of the highlights was to receive National Accreditation from the NCOA for our center, which reflects the high standard of service that has always been given to our seniors.

"We had dinner dances, New Year's Eve parties, and many fun trips here and abroad. All the great times we have had together!

"As I say goodbye, I want to thank everyone that has made all of this a wonderful experience!"

## 'Perfect storm' spurs rising demand, prices for homes

By JOHN HOWELL

COVID-19 is blamed for a lot of ills, but like so many things in life, there's also a silver lining. Such is the housing market.

For months, Realtors have moaned there's not enough inventory of homes to meet the demand. According to Leann D'Ettore, president of the Rhode Island Real Estate Association, the state is faced with a 1.2-month supply of homes, the lowest it has

been since 1988.

The result is that people – especially first-time homebuyers, D'Ettore said – are finding it extremely difficult to buy a home. While they may have great credit, they are being outbid by buyers with cash – and who, in some instances, are buying when having only seen a video of the property and without requiring inspections. Houses are being sold within hours of being placed on the market and frequently

for more than the asking price.

How could this be? What's created the frenzy?

Listening to D'Ettore, the pandemic has had a lot to do with it. In her words it has been a "perfect storm."

She said as a result of last year's shutdown, people were either laid off or worked from home. They discovered what was missing from their



**LINED UP:** More than 40 prospective buyers lined the sidewalk outside 76 Community Drive in Cranston last Saturday to look at a house that went on the market April 14. It was listed for \$250,000 and reportedly is now under contract. (Sun Rise photo)

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# Fire at Baffoni's Poultry Farm kills 3K chickens, no injuries to staff

By JACOB MARROCCO

Baffoni's Poultry Farm posted on Facebook Wednesday morning that a fire in one of its coops resulted in no staff injuries, but roughly 3,000 chickens were killed.

The account's Facebook page said the blaze began around 5 a.m. In a statement released on the page later that morning, the farm thanked customers for their "patience and understanding" as staff works to remain open at usual capacity. The cause of the fire remains unknown, and a call to Johnston Fire Chief Peter Lamb was not returned before press time.

"We are overwhelmed by the outpouring of support from our customers and the community," the statement reads. "We are especially grateful to the Johnston Fire Department for working quickly to extinguish the fire ... We will rebuild and we will continue to provide the community with our farm fresh poultry products. Thank you for your continued support through this difficult time!"



**PUTTING OUT THE BLAZE:** Baffoni's Poultry Farm's Facebook page posted this photo of the Fire Department extinguishing Wednesday morning's fire. While no staff members were injured, 3,000 chickens died. (Photo courtesy of Baffoni's Poultry Farm)

Well wishes poured in for the Johnston staple, with members of the community saying they were sorry to hear about the fire but grateful everyone was able to stay safe.

"All of us are so sorry to

have heard the news this morning," one commenter wrote.

"Sorry to hear this," one other response reads. "You folks are an inspiration and are truly a cornerstone of local agriculture in RI!"



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**NOW ACCEPTING NEW RESIDENTS!**

# Rondeau's Kickboxing to hold free self-defense class at Open House

By PETE FONTAINE

"We're having what will be an eventful day," Becky Rhodes, who works and trains at Rondeau's Kickboxing in Johnston, announced earlier this week ahead of Saturday's open house. "We'll have everything from a free self-defense class to vendors as well as raffles within a five-hour period."

The headliner for the weekend will be none other than Christina Rondeau, a true Rhode Island icon and famous United States Champion kickboxer who will show off her newest, spacious and state-of-the-art training facility located at 1408 Atwood Ave.

Rondeau, who is also known for her tireless charitable work, also owns and



**CHAMP'S CORNER:** Famed U.S. Champion/Johnson business woman Christina Rondeau will host a unique and free open house-like event tomorrow from 9 a.m. to 2 p.m. at 1408 Atwood Ave. in Johnston. (Submitted photos)

operates a smaller facility on Killingly Street that was once a Cumberland Farms convenience store.

Saturday's activity, though, will be held at the new and colorful Atwood Avenue location and will begin at 9 a.m. and continue until 2 p.m.

"The day will start at 9 o'clock in the morning, so please come and check out our classes in action," Rhodes said. "We're inviting people to take advantage of this phenomenal opportunity to attend our Fitness Kickboxing Classes that will be held at 9:30 and 10:30 a.m."

She added: "Then, at approximately 11:15, our kids'

class will be available for children ages 7 to 12. Please, come and see what all the talk is about, as you get the best workout of our life. No experience is necessary and our instructors will be working with you during each class."

Rhodes also announced that Rondeau, a 5th-Degree Black Belt who has owned and operate Rondeau's Kickboxing for years, will be teaching a free Self-Defense Class for adults and children over age 14. During the class, the participants will learn effective and proven self-defense and personal safety techniques all at absolutely no charge.

The day will also include exhibition fights that Rhodes said will start at 1 p.m., and members will step into the ring to raise money for Knockout Wishes, the famed charity that Rondeau founded and continues to support each and every year. Funds are utilized to help others in the community who are going through hardships.

So, as Rhodes added: "Please stop by and check out what we are all about. She said the say will include books signings, vendors, raffles and prizes and that Rondeau, who has authored several interesting books includes the children's book - 'Wimp and Made with Love' - will be available for both signings throughout the day's events."

Vendors are also being accepted and those that are interested should call Rondeau at (401) 996-5425 or infor@rkblivd.com.

**JOHNSTON SUNRISE**

# Mother's Day CONTEST

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**HERE'S HOW TO ENTER:**

1. Like and Follow our Johnston SunRise Facebook Page
2. Like our Mother's Day Contest post
3. Leave a comment about what makes your "mom" such a special lady

Deadline for entries is Friday, April 30th  
Winners will be announced in the May 7th edition of the Johnston SunRise



# 'Screenagers' returns to help ease youth stress

By JACOB MARROCCO

As the COVID-19 pandemic forced schools to adjust to virtual learning for more than a year, screen time and stress have skyrocketed among kids and teenagers.

Patricia Sweet, director of prevention programming at Tri-County Community Action Agency and director of the Southern Providence County Regional Prevention Coalition, is out to help those experiencing high levels of anxiety. Tri-County and the Coalition will host a free online screening of "Screenagers Next Chapter: Uncovering Skills for Stress Resilience" on Wednesday, April 28, at 7 p.m., with a question-and-answer session following the viewing with health center clinicians.

A promotional flyer for the event explains that the movie follows

filmmaker and physician Dr. Delaney Ruston as "she discovers solutions for improved adolescent well-being in the digital age." Those interested in registering can visit [tinyurl.com/SPCscreenagers](http://tinyurl.com/SPCscreenagers).

"We witness Delaney as she finds her way from ineffective parenting to much-improved strategies," the release reads. "We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth."

Sweet said, via the press release, that the

film is "extremely beneficial for parents to help their teens as they struggle with their emotional well-being in our screen and stress-filled world."

"COVID has really put a strain on families, not just the kids, everybody is pretty stressed out ... 'Screenagers' has been around for a while and they did 'Screenagers I,' which really emphasized and concentrated on screen time, that the kids are behind the screen, which was OK when we were worried about screens," Sweet said during an interview last week. "But with COVID going on, we can't worry about screen time because these poor kids have no choice but to be behind the screen due to their virtual learning and every other thing."

The first film to which Sweet alludes is "Screenagers: Growing up in the Digital Age,"

which the release says was screened more than 8,000 times to 4 million people in 70 countries. The feature has also been mentioned in the New York Times, The Washington Post and on the Today Show and Good Morning America.

"So 'Screenagers' came up with one called, 'Screenagers Chapter II,' which deals more with a parent trying to work with their kid who is stressed out, between screens and life, and so much happening and going on," Sweet said. "I contacted 'Screenagers' and set up to have a viewing ... they work with you and help you out."

Sweet said screen time has had a "major impact" on students across the region. Focusing on Chromebooks, laptops and tablets has been "extremely negative," as kids' social engagement plummets and stress continues to climb.

"These poor kids are just about at this point shutting down from having to be behind the screen so much with all the virtual learning," Sweet said. "I just look at myself as an adult who's aware, and I have meetings that have been on Zoom since March, and meeting after meeting on Zoom is just exhausting and extremely stressful. I can't even imagine what it's like to be a young teenager or a young adolescent and being told you have to sit behind a screen and do all your schoolwork with minimal interaction."

Sweet said it has been "very difficult" for the coalition and Tri-County during the pandemic, as all meetings were moved to virtual platforms and she and her coworkers cope with limited face-to-face time.

She said the groups have adjusted and fig-

ured out new ways to reach the community, and those efforts have been "extremely successful." "Screenagers" will be the latest in a long line of initiatives to reach local kids as they continue to struggle.

"I'm the kind of person who loves to see non-verbal cues. It helps for better engagement and better communication but it's been really difficult," Sweet said. "We all learned how to play the Zoom game, make things different so that my members don't fall asleep while they're at my meeting by engaging them with chat and trying to get information out to parents and to youth has been very challenging. Normally we're in the school, we work with the school, we're at events outside of the school to greet the community, and we have not had an opportunity to do that for over a year."

## Spotlight on sexual violence: Every 73 seconds, another American experiences sexual assault

By ARDEN BASTIA

For the Elizabeth Buffum Chace Center, Sexual Assault Awareness Month is more than just a note on the April calendar.

It's a chance to provide community education and support for survivors, renewing a commitment to ending sexual violence. Throughout the month, the center has used their social media platforms, like Facebook, to provide Sexual Assault Awareness Month (SAAM) statistics, debunk myths, and offer community resources.

Stephanie Joyal, a sexual assault counselor for EBCC, said the goal of Sexual Assault Awareness Month is to make the community aware of the services available to sexual assault survivors and resources for family and friends.

"Do we necessarily have every resource? No," Joyal said in an interview on Monday. "But we want folks to know we're here to guide them and provide resources. If we don't have the answers, we can certainly point them in the right direction."

To amplify the importance of SAAM, Warwick Mayor Frank Picozzi signed a pro-

clamation last Friday reinforcing the collaboration between the EBCC and the City of Warwick to educate and support the community.

"We see every day that sexual assault is not confined to any group or groups of people, but crosses all economic, racial, gender, educational, religious, and societal barriers. Crimes of sexual assault violate an individual's privacy, dignity, security and humanity," wrote Rachel Caliri, coordinator of social media and grant development at EBCC, in an email. "Victims should have help to find the compassion, comfort, and healing they need, and abusers should be punished to the full extent of the law."

Along with Mayor Frank Picozzi, Cranston Mayor Ken Hopkins and Johnston Mayor Joseph Polisena also issued proclamations, bringing community awareness to SAAM and the services provided by the EBCC.

"We want to make the community aware, and maybe it'll intrigue people to learn a little more about us or reach out to us to take part in our services or trainings," Caliri said in an interview on Mon-

day. "We want to emphasize that we offer services that are completely free, including our hotline. There are so many victims out there we haven't reached or might have missed."

RAINN, the Rape, Abuse & Incest National Network, reports that on average, there are 433,648 victims aged 12 and older of rape and sexual violence each year in the United States. Every 73 seconds, another American experiences sexual assault. One out of six American women and one in 10 American men have been the victim of an attempted or completed rape in their lifetime.

According to other statistics on the EBCC Facebook page, only 230 out of every 1,000 sexual assaults are reported to the police, meaning three out of four go unreported.

"We encourage sexual assault victims and their families to seek assistance from appropriate victims' services organizations such as the Elizabeth Buffum Chace Center where they can receive free counseling, support, and wrap around services," Caliri wrote in an email. "We hope to increase public awareness of sexual as-

sault and its prevalence, and to service victims while eliminating it through prevention and education."

On Wednesday, the EBCC provided a free virtual training, Sexual Assault 101, that gave the community a chance to learn about the definitions, myths, facts, and dynamics that tend to occur in sexual assault situations, plus a brief overview of RI laws and the justice system, Joyal said.

The next free virtual training is on Wednesday, April 28, at 6 p.m., covering the topic of youth internet safety. According to Joyal, this training is targeted towards parents and adults that work with children. Joyal wants to equip them with tools to open up discussions with kids about what's safe to post, what isn't safe to post, safe websites, and tips for avoiding exploitation of youth online.

The training will cover youth internet use, risks of exploitation, grooming, bribes, black mail, and more. To register for the training, visit [ebccenter.org](http://ebccenter.org). Community organizations and businesses can also register for workshops and workforce development pro-

grams with the EBC.

"These trainings are opportunities to inform the public, to dispel some myths and misconceptions around sexual assault in our society, and to educate the community about the reality of the impacts of sexual assault," Joyal said in an interview. "We want to let the community know that we're here to support sexual assault survivors and their families."

Serving the community through outreach and education is what the center knows well, but over the last year, the pandemic has greatly impacted how the EBC interacts with the community.

Caliri explained that even though virtual is new for the EBC, they're embracing the change.

This year, the centers annual Run for the Roses Kentucky Derby fundraiser won't be held at the Warwick Country Club. Instead, the center is taking its annual fundraiser virtual, where guests are still encouraged to don their derby finery.

"We would love to have a little party, but things aren't quite under wraps like we thought they would be," Caliri said. "This is our first virtual fun-

draiser, but the annual derby fundraiser has been a part of EBC since way before I started working here. People look forward to this and we didn't want to miss another year."

This year, the event includes a raffle, online auction, and livestream of the Kentucky Derby race on May 1 at 6:30 p.m. on the EBCC Facebook page. Raffle tickets can be purchased and entered at the center starting April 27 from 11 a.m. to 3 p.m. The live online auction starts April 27 at 11 a.m. Raffle and auction prizes include gift certificates, Red Sox tickets, golf packages, a gateway to Siesta Key and more. To view the prizes, visit [ebccenter.org/derby](http://ebccenter.org/derby).

"We're hoping the event is a success," Caliri said. "The lack of events over the past year has really taken a toll on us and other organizations. We'd like to make an impact this year."

For more information about resources or services provided by the Elizabeth Buffum Chace Center, call (401) 738-9700 or email [info@ebccenter.org](mailto:info@ebccenter.org). The EBCC hotline is (401) 738-1700, and the statewide hotline, which can be accessed 24/7, is 1-800-494-8100.



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**Watch Your MOUTH**

by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.

**AVOIDING BABY BOTTLE TOOTH DECAY**

When it comes to mealtime for infants, the process is often limited to feeding and burping. However, there is an important third step that is often ignored. Milk, both breast and formula, contains natural sugars that can cling to a child's teeth and cause a condition known as baby bottle tooth decay or "bottle rot." Fortunately, this is avoidable with post-meal oral hygiene. If the baby's teeth are just breaking through the gums, a gauze pad can be used to wipe them down after feeding, including the gums and areas where there are no teeth yet. Parents should begin brushing their children's teeth when the first one comes in and flossing as soon as two of them touch. A lack of reliable, up to date information

can pose a significant hazard to quality dental health, which is why we present our weekly column to our friends and neighbors here in Johnston. From taking care of children's teeth early on to helping seniors deal with the special circumstances inherent to the aging process, we've got our patients' needs covered at DENTAL ARTS GROUP. Our friendly, dedicated professional dental team at 1136 Hartford Ave., Johnston, has the experience with today's state-of-the-art dentistry to bring a smile to our patients' faces. Call 401-521-3661 for an appointment.

P.S. If a baby falls asleep easier with a bottle, the bottle should contain only water to avoid baby bottle tooth decay.


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**ON THE BOARD:** MedRecycler has leased space at 1600 Division Road in West Warwick in anticipation of operating a facility to process upwards of 70 tons of medical waste daily when it gains the required approvals. (Sun Rise photo)

# McKee, AG have concerns, MedRecycler defends plan to treat medical waste

By JOHN HOWELL

With Attorney General Peter Neronha and now Gov. Dan McKee having raised questions about a proposed medical waste facility in West Warwick, don't expect the drumbeat to stop the project to lessen – or for the company seeking to use a new technology to treat upwards of 70 tons of waste daily to fold up its tent.

Denise Lopez – who grew up in East Greenwich and, after a professional career of consulting in New York and Boston, returned 14 years ago to raise a family – has spearheaded the drive to kill MedRecycler's proposal to operate from 48,167 square feet of the 549,607-square-foot industrial-zoned building at 1600 Division St.

"We're going to keep the conversation going," Lopez vowed Friday.

Neronha released a letter on the deadline for submittal of comments to the Department of Environmental Management. The Attorney General called on DEM for a "stay its review of MRI's application until the proper technology analysis is conducted and all required certifications are obtained pursuant to the Refuse Disposal Act and its implementing Medical Waste regulations."

Asked at his Tuesday press conference if he sup-

ported a stay of the project until further study is completed, Gov. McKee urged caution, adding that the "verdict is out" on the safety of the MedRecycler technology. He also suggested an additional hearing.

In response to Neronha's letter, spokeswoman Gail Mastrati emailed, "The public comment period for the proposed MedRecycler facility closed on April 14. DEM received over 600 comments, including from the RI Attorney General, members of the General Assembly, and municipal officials. DEM staff will carefully consider all of the issues and points that were raised among all of the comments that were submitted. Given that the Department must evaluate and respond to comments on the record as part of its decision-making process, it is not appropriate for DEM to respond to the substance of any individual letters at this time."

Lopez is encouraged by Neronha's letter.

"We're pleased someone is speaking up on the part of the people," she said.

It's not that the plans of MedRecycler have gone unnoticed.

The facility that would use pyrolysis, a system of super heating material in the absence of oxygen so that it doesn't ignite but releases syngases that are then burned to generate electricity, has been the

subject of intense debate. State and local officials have registered their objection and DEM has received in excess of 600 written comments.

MedRecycler isn't backing off.

"The Attorney General correctly states that our proposal should be subject to thorough scrutiny – we couldn't agree more. This is why we have submitted an 800-page application to DEM and worked with them and the West Warwick Planning Board for more than two years to make certain that we are a safe and valued neighbor in Rhode Island," reads a statement attributed to Nicholas Campanella, chairman and CEO of Sun Pacific Holding Corp., the parent company of MedRecycler.

"We have also agreed to dozens of safety conditions already required by DEM, and anticipate that there will be more. We look forward to operating a facility that will create jobs and renewable energy in a safe, responsible way, while extending the life of the Central Landfill and generating millions in tax revenue for the community," reads the statement.

In an op-ed that appears in today's edition, Campanella corrected what he terms as misinformation about the MedRecycler proposal.

In his letter to the DEM, Neronha said, "The regu-

latory process required to build this first-of-its-kind medical waste facility is intended to be robust due to the inherent health and safety risks involved in processing and disposing of potentially infectious waste, especially when adjacent to residential communities."

He goes on to write, "Unmitigated, pyrolysis has the potential to emit many of the same toxic and noxious pollutants that necessitated the phase out of medical waste incinerators nationwide. Accordingly, in order to protect the health and safety of Rhode Island and its citizens, it is imperative that the State's regulatory review hold MRI's application to the most stringent applicable standards. To date, they have not been held to those standards."

The Attorney General was also critical of DEM's review of the MedRecycler application.

He writes, "Further, the public should have been provided ample and meaningful opportunities to comment and question RIDEM's consideration of the technology at each stage, including the minor source permitting process, to ensure that all of the unknowns are being adequately considered, planned for, and addressed in a manner that satisfies the expressed concerns."



# The State House stalemate on gun-related bills

## TALKING POLITICS



by  
IAN  
DONNIS

Every year, scores of people make impassioned arguments about gun-related bills under consideration at the General Assembly. There are marathon hearings like the one that started in the Senate Judiciary Committee Monday afternoon and ended around midnight.

Supporters of new restrictions call these a matter of common sense. They point to public support and a connection between gun violence and the sheer number of guns in America.

Gun-rights supporters respond by citing individual rights and the Constitution, how law-abiding gun owners are not the problem, and how new laws won't stop people with a propensity toward violence.

These arguments, pro and con, get made year after year. Not much changes, even after the 2012 Newtown shooting that claimed 26 lives, 20 of those children who were six or seven years old. This time around, a bill to ban guns from schools (except for police) has a higher likelihood of passage, as seen by how the sponsors are Senate President Dominick Ruggerio and House Whip Katherine Kazarian (D-East Providence).

Given the prevailing stasis of the legislative gun debate, would it make more sense to focus attention elsewhere? While mass shootings get the greatest attention, most gun violence comes in two forms: suicides and shootings in poor neighborhoods. At the same time, there are examples of how communities and law enforcement can work together to reduce the bloodshed (and crime has mostly trended down over recent decades).

As Thomas Abt writes in "Bleeding Out," "All guns are not the problem — guns in the hands of the most dangerous people and places are. All drugs are not the problem — violent drug dealers and substance abusers are. The more we fetishize guns, gangs and drugs, the more we miss the subtle truth that it is the behaviors, not the items themselves, that drive most of the danger."

### Looking to 2022

It's widely expected that

Providence Mayor Jorge Elorza will be part of the Democratic field for governor next year. He's term-limited at City Hall and ended Q4 last year with almost \$900,000 in his campaign account, so why not go for it, right?

Elorza was non-committal when asked last week during Political Roundtable about a possible gov run (although he conceded that governor is the only office he's looking at). The two-term mayor insists he has a good story to tell, despite questions about various nagging issues (schools, pension, tough tax climate) and his ability to deliver on his various policy initiatives.

More than 60 years have passed since a Providence mayor was last able to make the jump to the governor's office, though; other Democrats are waiting the wings (most notably Secretary of State Nellie Gorbea and General Treasurer Seth Magaziner), and Gov. Dan McKee is holding a stronger hand than anyone could have once expected.

### Redistricting battle

U.S. Rep. David Cicilline fired a major salvo last week in setting the battleground for the potential loss of one of Rhode Island's two congressional districts. "Thanks to your INCREDIBLE support, we raised over \$650,000 last quarter — that's more than any other candidate running for the U.S. House in Rhode Island has EVER raised in a single quarter!" Cicilline crowed in an email.

Cicilline and U.S. Rep. Jim Langevin have long pooh-poohed the disappearance of one of their two districts as so distant as to be unthinkable. But the missive by the better-funded CD1 rep telegraphs his interest in remaining in the House. A head-to-head matchup between Langevin and Cicilline is considered unlikely, but the exit strategy pending upcoming reapportionment news remains a matter of speculation.

### Voting in a blue state

From Russell Berman's look in The Atlantic at "The Blue States That Make It Hardest to Vote": "Unlike Delaware's restrictions, Rhode Island's voter-ID law can't be described as antiquated: The statute is just 10 years old and won adoption under a Democratic majority with support from powerful Black elected leaders. Voting-rights advocates trace the law's passage to the conservative bent of the state's Democratic Party and tension that pitted Black and white Democrats against the state's rising Latino population. Backers of the bill included the first Black speaker

of the General Assembly. They shared stories of voter fraud they had witnessed, but opponents of the law saw it as an effort to suppress Latino turnout in Providence. 'It was bizarre,' said John Marion, the executive director of Common Cause Rhode Island, the state affiliate of the national government-watchdog group. "Ten years later, I still don't know how it happened."

### Neronha's week

Attorney General Peter Neronha had an active week. He expressed concern over a proposed license for a medical waste facility in West Warwick. "I urge the Department of Environmental Management to closely scrutinize this facility's application," Neronha wrote in a letter to DEM. "There is a lot that is unknown about this new technology. We must be satisfied that it is thoroughly tested for its impact on the environment and on the health and safety of facility employees and the general public before it is approved."

Neronha also made rulings in two public records cases, siding with The Providence Journal over the RI Convention Center Authority, and backing disclosure of internal affairs reports (with redactions) in a citizen's case against Narragansett police.

### What happened with GE in RI?

Almost five years ago, in June 2016, GE Digital announced plans to open an office in Providence. "Our top priority is putting people back to work, so I'm thrilled that GE Digital is planning to bring hundreds of new high-paying jobs to Rhode Island over the next several years," then-Gov. Gina Raimondo said at the time.

Five years on, however, the GE Digital office in the Providence Journal Building is holding steady with slightly more than 50 employees. The reason for this is based on woes at GE — summed up by the New York Times with this February headline: "Jeff Immelt oversaw the downfall of G.E. Now he'd like you to read his book."

Immelt nonetheless remains a draw for business audiences. He spoke this week during an ongoing discussion series hosted by Laurie White at the Greater Providence Chamber of Commerce. (According to Commerce RI, the state has yet to pay GE Digital any of the incentives used to help lure the company to RI.)

### Got civics?

A bill sponsored by Reps.

Brian C. Newberry (R-North Smithfield) and Gregg Amore (D-East Providence) that would require high school students to pass a civic literacy test won approval in the House last week. According to a legislative news release, "Commencing with the graduating class of 2025, the curriculum will incorporate project-based and experiential learning, where students would conduct in-depth research on a local issue of choice, then engage with a government body to learn advocacy processes utilized to influence the subject. The Commissioner of Elementary and Secondary Education at the Rhode Island Department of Education will implement the program."

### Reducing the risk of suicide

Antonia Ayres-Brown reports on the effort to reduce the incidence of suicide on Newport area bridges: "Melissa Cotta and Bryan Ganley first connected online in 2016. Cotta lives in Tiverton and, at the time, had recently witnessed someone jump from a nearby bridge. She was alarmed that there were not more physical barriers in place, and she started to see the bridges as a public safety issue. She contacted Ganley, who lives across the bay in Bristol and has been a suicide prevention volunteer since 1981. Together, Cotta and Ganley founded Bridging the Gap for Safety and Healing. From the start, their goal was the installation of safety barriers or netting on the Newport Pell Bridge, the Jamestown Verrazzano Bridge, and the Mount Hope Bridge. 'It kind of started out, as you know — we put it out there,' Cotta said. 'And people just got in touch with us and word of mouth happened.' Over the past five years, they've heard from individuals across Rhode Island who have been impacted: surviving friends and family of those who died by suicide, first responders and police officers who work near the bridges, and locals like Cotta who have witnessed people jump. 'Different things come up — like you go through guilt. You go through, what else could I have done? What didn't I do? What did I do wrong? That kind of thing,' Cotta said. 'And we talked to a lot of survivors that feel that same way.'"

Ian Donniss can be reached at [idonnis@ripr.org](mailto:idonnis@ripr.org). For a longer version of this column, visit the [publicradio.org](http://publicradio.org).

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# Jehovah's Witnesses mark one year of not knocking on doors

It's been one year since Jehovah's Witnesses worldwide adjusted their hallmark methods of sharing comfort and hope from the scriptures due to the pandemic.

For many, the change from ringing doorbells and knocking on doors to making phone calls and writing letters expanded and invigorated their ministry.

"Witnesses have embraced this shift, finding the good in these trying times," said Joseph Castano, who reports a 30 percent increase in the Witnesses' preaching activity in his region of northern Virginia and nearby parts of West Virginia. "In fact, I hear many saying, 'I'm able to do more now.'"

In March 2020, the some 1.3 million Witnesses in the United States suspended their door-to-door and face-to-face forms of public ministry and moved congregation meetings to videoconferencing.

"It has been a very deliberate decision based on two principles: our respect for life and love of neighbor," said Robert Hendriks, U.S. spokesman for Jehovah's Witnesses. "But we are still witnesses and, as such,

we must testify about our faith. So it was inevitable that we would find a way to continue our work."

In the bitterly cold winters of Arden Hills, Minnesota, Terri Whitmore normally bundles up for the door-to-door ministry in a long down coat and snow boots – sometimes with removable cleats to help navigate icy sidewalks.

Now she sits at her dining room table, sips on hot tea, and calls people on her cell phone to share the same message. In December, she conducted more than twice as many Bible studies than in any prior month. "I'm having a blast," she said. "After a nice phone call, it energizes you. You can't wait to make the next call."

Her "go-to" topics for conversation with her neighbors are COVID-19, civil unrest, and government. "Some people feel like they have nothing secure to hold on to," she said. "The power of God's word is amazing. You can just share a scripture and you feel like they're settling down."

Nearly 51,000 people in the United States last year made a request for a

Witness to contact them, either through a local congregation or [jw.org](http://jw.org), the organization's official website, according to Hendriks. Since the outbreak, the Witnesses have followed up on these requests via letters and phone calls instead of in-person visits.

"Our love for our neighbors is stronger than ever," said Hendriks. "In fact, I think we have needed each other more than ever. We are finding that people are perplexed, stressed, and feeling isolated. Our work has helped many regain a sense of footing – even normalcy – at a very unsettled time."

Maria Medeiros of Bristol was baptized as one of Jehovah's Witnesses in 1974 and has regularly preached door-to-door ever since. As she advanced in age, she had more difficulty participating in the ministry that she loved. She mainly focused on accompanying others or witnessing to those that visited her home. She said, "I couldn't climb stairs. My back and legs wouldn't let me."

Now, at 89 years old, Medeiros has found ways to preach throughout the pandemic. "I've been able to do more, so

much more," she said. "In just one month, I've written 71 letters so far. What better opportunity could there be to show my God that I love him?"

Medeiros said she feels she has also benefited from virtual association. "I like that I get to be with more friends now," she said. "I feel closer to them. I enjoy it tremendously!" While she hopes that soon she can begin the public ministry again, she is determined to keep doing what she can. She said, "If I can keep writing letters, of course I will!"

In the rural areas of Salina, Kansas, where the wheat and corn fields stretch for acres, the Milbradt family sometimes drives miles from one house to the next to reach their neighbors. Now, instead of buying gasoline to fill up their vehicle for the ministry, they spend money on paper, envelopes, stamps, and crayons.

"We look for ways to add variety to our ministry," said Zeb Milbradt. He and his wife, Jenny, help their boys – Colton, 8, and Benjamin, 6 – write letters to children's book authors, local police, and hospital workers. Sometimes the boys even in-

clude with the letters hand-drawn pictures of the Bible's promise of a global paradise.

"We've been able to get the message to people who we wouldn't necessarily reach otherwise," said Jenny Milbradt.

A letter Benjamin sent to nurses at a regional health center included a quote from the Bible's prophecy at Isaiah 33:24 of a coming time when no one will say, "I am sick." The center's marketing secretary replied to Benjamin, informing him that she scanned and emailed his letter to 2,000 employees. It "made so many people smile," she said.

Witnesses have also made a concerted effort to check on distant friends and family – sometimes texting links to Bible-based articles on [jw.org](http://jw.org) that cover timely topics, such as isolation, depression, and how to beat pandemic fatigue.

"Former Bible students have started studying again," said Tony Fowler, who helps organize the ministry in the northern portion of Michigan's Lower Peninsula.

"Colleagues at work have now started to show interest. Some have started Bible stud-

ies with family members who showed very little interest before the pandemic."

Castano has been reaching out to Witnesses who had long ago stopped associating with fellow Witnesses. "The pandemic has reignited their spirituality," he said, adding that many are attending virtual meetings with some sharing in telephone witnessing and letter writing even after decades of inactivity.

"It's been pretty outstanding," he said.

Fowler and Castano both report about a 20 percent increase in on-line meeting attendance. But perhaps the most significant growth is in an area that cannot be measured by numbers.

"I think we've grown as a people," Fowler said. "We've grown in appreciation for other avenues of the ministry, our love for our neighbor, and love for one another. We're a stronger people because of all of this, and that's a beautiful thing to see."

For more information on the activities of Jehovah's Witnesses, visit their website [jw.org](http://jw.org), with content available in over 1,000 languages.



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## ■ Bolton

(Continued from page 1)

"I started in January, I think the first day was Jan. 3, and basically from then on Tony had indicated that he was leaning toward retiring and I had an idea that maybe this could be my job, and from the beginning I tried to learn from everyone that I could," Bolton said during a phone interview Tuesday. "We helped with vaccination rollout through Johnston, helped out through vaccination clinics, so basically anything that I could, I observed."

Now, Bolton will have the unique challenge of taking over the Senior Center in the absence of both its chief leaders, Zompa and Santilli, who were integral to moving to the new location on Hartford Avenue. Santilli passed away last month at 71.

Bolton said Santilli "couldn't have been more kind to me" in the brief time they worked together.

"I learned more about the Senior Center and she was willing to offer assistance needed to me," Bolton said. "She was a really wonderful individual."

He said Zompa and Santilli were "two great mentors" as he got acclimated to the JSC, lauding the staff as "excellent" and saying he's confident the center can achieve pre-COVID levels of service. He said the pandemic is the only challenge he sees

at the JSC, with operations going smoothly otherwise.

"We started the phased reopening," Bolton said. "We do offer some classes currently that are outside the building, exercise classes, things like that. Small things in terms of business ideas that are going to be dictated on the COVID timetable, we want to be able to open as soon as possible. I think for it's doing what I can when the time comes to reopen, to do what I can do to make sure that this place is ready to go. One thing that I've learned, it's the seniors themselves that have always been a priority for the community here."

He added: "Mayor [Joseph] Polisena's mentioned that many times. The staff here exhibits the desire to do whatever they can for the seniors."

Bolton said the center is also offering a meal delivery service, and some more exercise classes will open to members in May. Masking will still be required for the foreseeable future.

"I'm lucky that we have the staff here that we do, a really devoted staff, and I think what makes it important is we know that the place has been a destination in the community before and all of the seniors need in-person communication in their lives," Bolton said. "I think with COVID, a lot of people eliminated that. It's something that makes it easier knowing the center, knowing that once we get to the other side of the

coronavirus, we can excel at what we do best - helping seniors have a good time from the moment they walk in the door."

Bolton said he doesn't see any issues with taking over the center at only 27 years old, saying he brings a "youthful perspective" and could pitch ideas for events or programs that haven't been implemented before. He said he has learned a great deal from the seniors thus far, reading into what they want to see prioritized once JSC reopens in full.

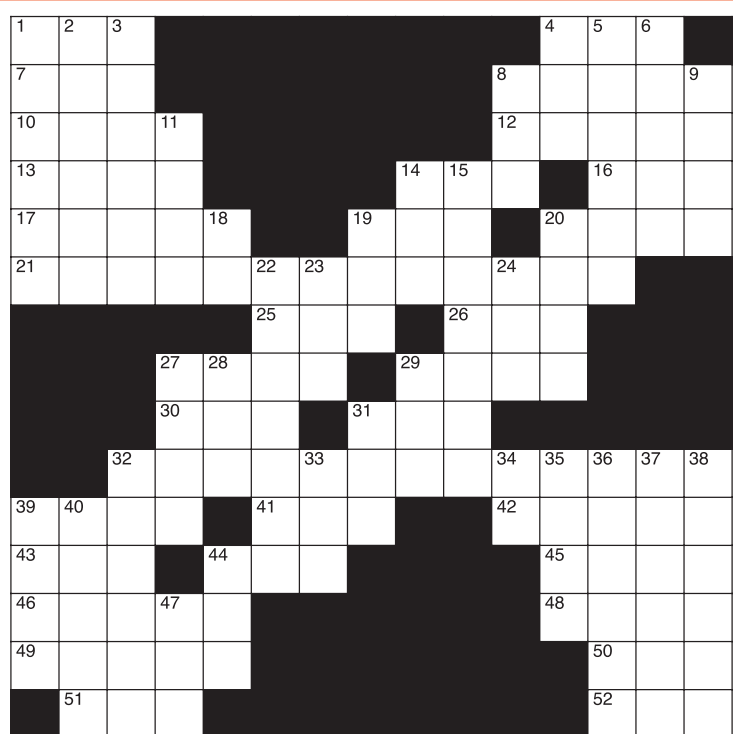
He said Zompa has been crucial in that learning process, too.

"He has been great," Bolton said of Zompa. "Every chance he's had he introduces me to anyone that he can, and he's always been there for me since I started, in terms of showing me the ropes. And I couldn't have asked for a better teacher, somebody who's got the experience. It's important for me to learn off of that."

Now, the training is just about complete. Zompa officially hands the reins over to Bolton at the end of the month, and he is eager to serve the seniors who are so zealous to get back to the center they call home.

"Another hat tip to Tony and Millie ... they basically laid the groundwork for the place to succeed outside of COVID," Bolton said. "I don't see anything holding this senior center back from being the best senior center that it can be and a place that people want to go back to."

## CROSSWORD PUZZLE CORNER



### CLUES ACROSS

1. Ocean surface indicator (abbr.)
4. American time
7. Satisfaction
8. Diving duck
10. Very small amount
12. Metrical units
13. An ignorant or foolish person
14. Sino-Soviet block (abbr.)
16. It may sting you
17. Turn outward
19. Perform on stage
20. "CSI" actor George
21. Localities
25. Make a choice
26. Indicates position
27. One of Thor's names
29. Indian musical rhythmic pattern
30. "The Raven" author
31. Take in solid food
32. Legendary QB
39. Sorrels

### CLUES DOWN

1. Make unhappy
2. Heard the confession of
3. Capital of Taiwan
4. Fiddler crab
5. Brazilian dances
6. Fit with device to assist breathing
8. Brother or sister
9. Pastries
11. "Lone Survivor" director Peter
14. Boat type (abbr.)
15. Apertures (biology)
18. Suffix
19. Creative endeavor
20. Icelandic poem
22. Spanish dances
23. Town in Central Italy
24. Cars need it
27. Mimics
28. Rocky peak
29. Cigarette (slang)
31. One point south of due east
32. Soap actress Braun
33. Large domesticated wild ox
34. Island nation
35. Appear
36. Addictive practices
37. Loss of control of one's body
38. Type of poster
39. Greek mountain
40. Funny person
44. One and only
47. Pouch

## Season RI beach passes available online

The Department of Environmental Management (DEM) announces that season beach passes and gift certificates are now available for purchase at [www.riparks.com/beach-pass](http://www.riparks.com/beach-pass). Individuals may purchase resident, non-resident, or senior season beach passes at this site as well as daily flex passes, which allow for one-day parking.

To help reduce the amount of time beachgoers spend at the entry booths once the beaches open, DEM is encouraging Rhode Islanders to buy season and daily flex passes online or in advance. Anyone who buys a season pass or a daily flex pass online or before heading to the beach will be able to use the express lanes for quick beach entry. Purchasing season or daily flex passes online will also help DEM keep the express lanes open, as there have been past instances when the express lanes could not be used because too many people were paying for parking at the entry gates rather using pre-paid parking passes. Express lanes are avail-

able at all state beaches except for East Beach, Charlestown Breachway and Salty Brine, which are one-lane facilities.

Season passes no longer require a physical pass to be placed on vehicle windshields as passes are now linked to an individual's license plate. Beach attendants use hand-held devices to scan the front license plate for information and anyone who buys their pass online or before heading to the beach will be able to use express lanes for quick entry.

Online daily flex passes allow beachgoers to save their payment information into their beach parking account and are charged the daily parking rate only when they enter beach parking lots. This flex pass is a great option for those unsure how many times they may be able to visit the beach but would like the opportunity to utilize the express lanes.

Along with the online option, season beach parking passes also may be purchased in person at the Scarborough State Beach overflow lot located across the street from

the beach. Sales at the overflow lot will be open weekends from 8 a.m. to 4 p.m. beginning Saturday, May 15 and seven days a week from 8 a.m. to 4 p.m. beginning Saturday, May 29.

Online credit card purchases are charged a 6% transaction charge; the total for a \$30 RI resident season pass purchased online is \$31.80.

The daily beach parking fee (now known as a flex pass when purchased online) for residents is \$6 on weekdays and \$7 on weekends and holidays. The fee for a season pass for residents is \$30 and, through Labor Day, will be available for purchase. Non-resident parking is \$12 on weekdays and \$14 on weekends and holidays. A season pass is \$60 for non-residents. A 50% discount on daily parking fees and season passes applies for senior citizens 65 years and older.

Fees are based solely on the vehicle registration (i.e., license plate) of each vehicle entering beach facilities. All Rhode Island-registered vehicles will be subject to resident parking rates; non-Rhode Island plates will be subject to non-resident rates.

## CHERRY HILL TRIVIA

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# Opinion

EDITORIAL

## Now is the time to tackle housing affordability

We all know the cautionary tale of the oblivious frog being boiled in a pot of water that slowly but steadily rises in temperature. In many ways, affordable housing in Rhode Island has followed that example throughout the years – apart from the fact that the frog in this case (Rhode Island residents) is well aware of its perilous, unsustainable situation.

Thankfully, it seems state legislators, policy experts and affordable housing advocates have joined cost-burdened residents in recognizing the increasing heat – and are searching for ways to turn down the dial.

In Rhode Island, like virtually everywhere else in the nation, the pandemic has sparked nationwide housing shortages combined nastily with increased housing costs, brought home by a stagnation of new development and renovations thanks to the increased cost of building materials. The result has been fewer houses available, for more money than ever. Those who can afford the higher costs are unaffected, while those stretching budgets increasingly find home ownership nothing more than a dream.

But even prior to the pandemic, home ownership was likely not even a consideration for any couple making significantly less than the median income of \$89,000 – or any single individual in the beginning or early years of their career – due to the simple mathematical reality of high housing costs relative to the average wages available in the state.

This is not to say the rental market provides any better opportunities. The average cost of a single-bedroom apartment hovers around \$2,000 in Providence, \$1,500 in Warwick and around \$1,200 in Cranston. This amounts to \$24,000, \$18,000 and \$14,400 per year spent on something that earns no equity – essentially requiring renters to tread water while eating up a significant portion of their take home pay and leaving little to nothing to set aside to save for a down payment on that dream home.

According to HousingWorks RI, 146,000 households in Rhode Island (about one third of the total) spend more than a third of their total income on housing costs. It is this harsh reality that prompted a \$65 million bond question back in March – which was thankfully approved by voters overwhelmingly. President Biden’s American Rescue Plan included \$23 million for the state’s most cost-burdened communities (as well as a little bit spread around elsewhere) to address the issue as well.

Now it is up to legislators and housing advocates to steer policy, taxpayer dollars and federal aid in the right direction. Speaker K. Joseph Shekarchi has been vocal about prioritizing the housing issue in Rhode Island – as has newly-approved Lt. Governor Sabina Matos.

There are a flurry of bills working through the House and Senate – such as the establishment of a deputy secretary of commerce and housing; the creation of legislative commissions to study existing affordable housing laws and how land should be utilized and developed with housing in mind; preventing discrimination against those receiving government assistance to pay for rent; extending tax exemptions for affordable housing developments; and allowing “tiny houses” to be constructed or recategorized as affordable housing.

The “tiny house” legislation will likely receive a lot of buzz for its eccentricity, but no one bill will tackle the affordable housing issue. This must be the constant focus of many different people throughout the public and private sector. The heart of the problem lies in complex issues without clear political consensus – such as how high the minimum wage should be set.

We wholeheartedly support these legislative endeavors and the calls of affordable housing advocates for a dedicated, annual funding stream to construct more affordable housing each year. We are pleased that Governor McKee has included such a funding stream in his budget and hope it won’t be sacrificed as a necessary evil during the budget balancing process.

A lack of clean, safe and affordable housing will not go away on its own. The vast majority of Rhode Island’s homes are old and unaffordable. Building more affordable housing is good for the economy and good for Rhode Islanders who need it. The time is now, so let’s get going.

## MEANWHILE RI'S ENTERTAINMENT INDUSTRY FIGHTS TO COME BACK



OP-ED

## Separating fact from fiction on the MedRecycler facility

By NICHOLAS CAMPANELLA

Anytime you go to the dentist, emergency room, or bring your pet to the vet, that activity produces medical waste. To process the waste that we all generate, MedRecycler has proposed a safe, environmentally friendly way to handle it in Rhode Island.

We plan to use a process called pyrolysis to not only divert tens of thousands of tons of waste from the Central Landfill, but also generate about 1.3MW of clean energy, enough to power over 1,000 Rhode Island homes. Our project will create 100 union construction jobs during build out and up to 40 full time jobs when were operating. Meanwhile, our facility will provide millions in tax revenue for the community over \$4 million in property taxes to West Warwick alone.

We will take up less than ten percent of an existing industrial building right next to I-95 sited in an existing industrial park. The location has been zoned for industrial uses by both West Warwick and neighboring East Greenwich for many years.

Unfortunately, as our approval process has become more political, the number of misconceptions has grown. While everyone is entitled to their own opinion, they

are not entitled to their own facts.

These are the facts:

- \* The process we will use, pyrolysis, does not burn or incinerate waste. Instead, it evaporates waste at high temperatures and in the absence of oxygen. (Without oxygen there can be no burning or incineration.) The syngas created by the process is first cleaned in several cooling steps by an alkali scrubber before being used to generate electricity. It is not emitted into the air.
- \* The materials that we are allowed to accept are highly regulated and we will not accept chemotherapy waste, toxic waste or radioactive waste.
- \* Our facility will be located near other manufacturers, not in a neighborhood. It is also located off Route 2, which tens of thousands of vehicles travel every day.
- \* A small number of trucks (maximum of 8 daily) from registered Rhode Island companies with years of experience will deliver to the facility by appointment only. The waste, which will be sealed in sealed containers, will be electronically tracked and monitored, with that information stored for up to three years. Material will not be stored in trucks on site.
- \* Pyrolysis generates no waste water, so none will be discharged into the local sewer system, or im-

pact local water supplies. This requirement is established by MedRecyclers application to R.I. DEM. The only water entering the West Warwick waste water system will be from bathrooms and our lunch room.

- \* Air emissions will be monitored and tested daily and reviewed regularly by R.I. DEM. The closed loop system that we have in place prevents fumes from being emitted.
- \* Safety protocols, systems and back-up systems are required and will be in effect throughout all stag-

es of the process.

For the past two years, we have been working with DEM in a transparent review process to ensure that we meet and/or exceed their criteria for a safely operating facility. We have submitted over 800 pages of documentation and plans. The simple fact is that MedRecycler is committed to being a good and safe neighbor in our community, and an asset to Rhode Island.

*Nicholas B Campanella is Chairman & CEO, Sun Pacific Power Corp.*



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# SUN RISE SCOOPS

By MERI R. KENNEDY

## RI Housing offers loans

RI Housing's Hardest Hit Fund Rhode Island (HHFRI) program is offering zero interest, forgivable loans to eligible Rhode Island homeowners who became unemployed or underemployed due to the COVID-19 pandemic and are struggling to make their mortgage payments.

Loan proceeds may provide eligible homeowners with up to six months of mortgage payment assistance. Learn more about the loan program and eligibility at [rihousing.com/hhfri](http://rihousing.com/hhfri).

## EG Art Club

The East Greenwich Art Club was formed in 1959 by local artists who came together to support each other while developing their art. It is a vibrant organization today, promoting the production, exhibition, and sale of its member's art. Membership is available to both beginners, as well as seasoned artists. During the monthly meetings, demonstrations are given by various artists to help members improve their skills and learn about other approaches to create interesting works of art.

The club is friendly and membership is not limited to East Greenwich residents. Anyone who enjoys painting, photog-

raphy, pottery, glasswork, sculpting, or just wants to learn about art, is encouraged to join. Meetings are conducted in a fun atmosphere, providing both technical support and camaraderie.

The East Greenwich Art Club is not currently meeting because of Covid 19 restrictions from the Rhode Island Department of Health directives. However, their board members are working together on Zoom to plan for the time when they will be able to resume indoors.

They have just scheduled a Spring Plein Air Meet Up at Goddard Park on Thursday, May 6, from 11 to 2 p.m. All levels and media are welcome! If you would like to join in, contact them at [pleinair@eastgreenwhichartclub.org](mailto:pleinair@eastgreenwhichartclub.org).

Membership inquiries may be sent to [membership@eastgreenwhichartclub.org](mailto:membership@eastgreenwhichartclub.org) and or on our website [www.eastgreenwhichartclub.org](http://www.eastgreenwhichartclub.org) where you will find a form to sign up and updated information.

## FEMA funeral assistance

People can apply for FEMA funeral assistance by calling 844-684-6333. Families who have lost a loved one to COVID-19 will be eligible for up to \$9,000 in reimbursement. There is no income cap, so nearly all families are eligible.

Interested applicants

should start collecting their documents now. For more details on what you'll need, visit [fema.gov](http://fema.gov).

## Playgrounds open in the Park

The playgrounds are now open at the Johnston Memorial Park and please remember that masks are required to be worn at all times. Please be advised that the restrooms remain closed at this time.

## Summer jobs with DEM

DEM is recruiting qualified lifeguards at beaches, parks, and campgrounds. Full-time lifeguard positions are available at all state swimming areas, including saltwater beaches such as Roger Wheeler and Scarborough, non-surf beaches such as Goddard, and freshwater beaches such as Burlingame Campground and Lincoln Woods State Park. Flexible, 20-hour workweeks are available for lifeguard positions at our busiest swimming areas. Hourly rates for lifeguards range from \$13.25 to \$16.25 an hour, based on location and position level.

All lifeguard candidates must have successfully completed courses and hold valid cards in lifeguard training, first aid, and CPR including infant, child, and adult.

DEM also is seeking park rangers and facilities attendants to work at recreational sites across the state. Park rangers are instrumental to a safe and fun experience at DEM properties. They give directions to beachgoers and park users, help with crowd control, provide se-

curity checks for facilities, and are the first responders in the event of emergency.

Hourly rates for park rangers range from \$10.50 to \$11.60. Applicants for facilities attendant and park ranger I must be 16 years of age or older, and applicants to park ranger positions at levels II and III must be 18 years of age or older.

For a complete list of seasonal employment opportunities and to apply, visit [riparks.com/employment](http://riparks.com/employment). Most positions are full-time and include weekend and holiday hours. Applications must be completed online. Paper applications will not be accepted. The State of Rhode Island is an equal opportunity/diversity employer.

With 50 percent fewer teens seeking jobs than 20 years ago, DEM is looking to recruit active older Rhode Islanders and retired military personnel who might want to work part-time work to make up for the lack of younger applicants.

For more information, visit [riparks.com/employment.php](http://riparks.com/employment.php)

## Focus on mental health

NAMI Rhode Island is the State Organization affiliate of the National Alliance on Mental Illness (NAMI). They offer an array of education and training programs and services for individuals living with mental illness, family members, schools, providers, and the general public. These programs draw on the experience of individuals with mental illness and family members who have learned to live well with their illnesses and are eager to help

others, as well as the expertise of mental health professionals and educators.

Their programs are free and virtual. For more information on all programs or if you are an interested volunteer, visit [namirhodeisland.org](http://namirhodeisland.org) or call 401-331-3060 or email [info@namirhodeisland.org](mailto:info@namirhodeisland.org).

## Be Kind RI

Be Kind RI is a new program that connects volunteers to their neighbors across RI through text alerts to coordinate food deliveries from grocery stores and food pantries. To sign up, go to [BeKindRI.org](http://BeKindRI.org). Volunteers must be 18 or older and undergo our background check. Be Kind RI is open to those in RI experiencing COVID-19 risk factors including seniors 65+, anyone with underlying health conditions, those in quarantine or isolation, anyone experiencing a lack of childcare, and those who would otherwise experience difficulty in obtaining food. For assistance signing up, call 877-958-8785.

## Craft and activity kits at the library

Free craft and activity kits for children are available at the Mohr Library. Stop by the library to pick up one, or email Ms. Meri [meri@mohrlibrary.org](mailto:meri@mohrlibrary.org) or call 231-4980 to make a reservation.

## Looking for '78 Blizzard photos

The Johnston Historical Society is looking for photos from the Blizzard of 1978 that include recognizable backgrounds in Johnston, such as businesses, landscapes, street signs, things recognizable in town. Please email them to [JohnstonHistorical1825@gmail.com](mailto:JohnstonHistorical1825@gmail.com).

## Johnston Senior Center offers services

If you need any help

with heating, housing, etc., during this cold winter or any other time, contact the Johnston Senior Center Social Services Department by calling 944-3343. Madeline or Amy will be happy to help you.

## News from the Mohr Library

Mohr Library is currently accessible to the public during reduced hours but continues to offer curbside pickup and other services during its regular schedule. Services include curbside delivery; reference help by phone, email or in person; recommendation lists and one-on-one help to explore interests in reading, viewing and listening; printing from home or your device; use of computers and copier; and a free notary public, evenings and Saturdays by appointment.

## Johnston Community Library Book Club

Kids ages 8 to 10 can meet online, by invitation, Thursdays at 3 p.m. to hear readings and discuss books with library trustee and volunteer Denese Carpenter.

Interested in other times or want to suggest a book for discussion? Let them know.

Parents can learn more about sign-up procedures by contacting Library Director Jon Anderson. Email [info@mohrlibrary.org](mailto:info@mohrlibrary.org) or call 401-231-4980, ext. 7.

[SunriseScoops@aol.com](mailto:SunriseScoops@aol.com). Photos in jpg format are accepted and news can include community events, promotions, academic news and nonprofit events as well as virtual events. Email today and see your news in our column in the Johnston Sun Rise. Please include a daytime telephone number in case we require any further information.

# LEGAL NOTICES

**PLANNING BOARD MEETING**  
Tuesday May 4th, 2021;  
6:00 P.M.  
**VIA VIDEO CONFERENCE**

Via Computer:  
<https://us02web.zoom.us/j/81546278065>

Passcode:  
909334

iPhone one-tap: +16465588656

Via Telephone:  
+1 646 558 8656 or +1 301 715 8592  
or 888 788 0099 (Toll Free) or 833 548 0276 (Toll Free)

Meeting ID: 81546278065

Passcode: 909334

**NOTE: Please check out the "ACCESS INSTRUCTIONS for meetings held via Zoom" on the Town's web page under Meetings & Events.** <https://www.townofjohnstonri.com/>

**Item 1 - Scheduled for 6:00 PM**  
PB 20-35 - Seasons Corner Market Expansion - Preliminary Plan and Unified Development Review for a Minor Land Development. Located at 525 Killingly Street - Plat 13 Lots 397 & 485 - Zoned B-2 - a 1.4-acre parcel. Applicant: Colbea Enterprises, LLC. A Public Hearing on a Minor Land Development and the proposed expansion of an existing special

use permit to increase the number of islands for gas service, a variance request to relocate an existing non-conforming free-standing sign, relocation of an existing drive through sign and expansion of a canopy sign.

**IV. NEW BUSINESS**  
**Item 2 - Scheduled for 6:15 PM**  
PB 21-19 - Regina Drive Subdivision - Preliminary Plan of a 3 lot Minor Subdivision - Located at the corner of Simmonsville Avenue and Regina Drive - AP 28 Lots 107 & 173 - Zoned R-20 - Applicant: Arthur L. Carruolo and 1025 LLC - Engineer: N. Veltri Survey, INC. A public meeting on the proposed 3 lot subdivision.

**NOTE - The Full Plan set is available for review in the Planning Office 100 Irons Avenue Monday through Friday, 8AM to noon and 1PM to 3PM.**

Planning Board documents are available for review and/or purchase 8:00 a.m. to 3:00 p.m. at the Planning Office, 1st floor, 100 Irons Avenue, Johnston. New items not heard by 9:30 p.m. may be rescheduled for a subsequent special meeting at the discretion of the Board. Facilities are handicap accessible. Inter-preter services may be requested from TTD (401) 792-9642 at least 72 hours in advance.

4/16, 4/23, 4/30/21



## Legal Notice Town of Johnston Notice of Abandonment

Notice is hereby given pursuant to Rhode Island General Laws § 24-6-1 that Elmhurst Avenue as described in Johnston Town Ordinance 2021-3 has ceased to be useful to the public and is hereby abandoned. Ordinance 2021-3 an Ordinance in abandonment of Elmhurst Avenue was adopted at a public hearing at the April 12th, 2021 meeting of the Johnston Town Council and is available for review in the office of the Town Clerk.

Johnston Town Council  
Robert V. Russo  
President

Attest:  
Vincent P. Baccari, Jr.  
Town Clerk

4/23, 4/30, 5/7/21



## Request for Bids Town of Johnston

## Phone System Upgrade Town of Johnston

Town of Johnston is requesting bids for a Phone System Upgrade. Bid specifications are available at the Johnston Town Clerk's Office located at 1385 Hartford Avenue, Johnston, RI 02919 beginning April 23, 2021 weekdays between the hours of 8:30 am to 4:30 pm. Specs are also available on the Town's website at [www.townofjohnstonri.com](http://www.townofjohnstonri.com). Sealed bids will be accepted until 10:00 am, May 5, 2021 at the Johnston Town Clerk's Office at the above address and will be opened publicly at that time via a virtual meeting using the Zoom meeting platform. See the RFP for Zoom meeting details. The Town of Johnston reserves the right to reject any or all responses or parts thereof, to waive any informality in them, or accept any bid deemed in the best interest of the Town. The Town of Johnston will offer interpreters for the hearing impaired provided the request is at least three (3) days prior to scheduled bid opening by calling (401)553-6618.

Joseph Chiodo, CPA  
Finance Director

4/23/21



## Legal Notice Town of Johnston Adopted Ordinances

At a recent meeting of The Johnston Town Council, the Council did adopt the following Ordinances effective immediately:

**Ordinance 2021-3: An Ordinance for street abandonment. Said abandonment abandons a portion of Elmhurst Avenue on Assessor's Plat 16**

Said Ordinances are on file and available for review in the Office of the Town Clerk.

Johnston Town Council  
Robert V. Russo  
President

Attest:  
Vincent P. Baccari, Jr.  
Town Clerk

4/22/21



# Senate passes bill permanently enacting RI Promise of two free years at CCRI

The Senate has passed legislation introduced by President Dominick Ruggerio to permanently enact the Rhode Island Promise program, which provides up to two years of free tuition for eligible Rhode Islanders at the Community College of Rhode Island.

The program is currently set to expire with the class entering CCRI in September 2021. President Ruggerio's bill would remove the sun-

set provision altogether, making the program permanent.

"Rhode Island, the nation and the world are increasingly knowledge economies," said Ruggerio (D-Dist. 4, North Providence, Providence). "Higher education is more necessary than ever before, and it has to be available and affordable for all Rhode Islanders. Rhode Island Promise has proven itself effective, significantly

improving two-year graduation rates for students. Removing barriers to higher education, particularly its high cost, supports families, helps Rhode Islanders land better jobs, makes our workforce more attractive to employers and strengthens our economy. Rhode Island Promise is a great program that has proven itself effective, and we strongly support making it a permanent resource for stu-

dents." The program was proposed by Gov. Gina Raimondo in 2017, and is open only to students graduating high school who begin CCRI the following fall. To keep the scholarship, they must be full-time students who qualify for in-state tuition, maintain at least a 2.5 GPA, and remain on track to graduate on time. As a "last-dollar" scholarship program, it funds only the remain-

ing costs of tuition and mandatory student fees after Pell Grants and other sources of scholarship funding are factored in.

When originally proposed, Rhode Island Promise had a sunset provision that would have made it expire with the class that graduated high school in 2020 and entered CCRI that fall. The General Assembly included a one-year expansion in the 2021 bud-

get, extending to the program for students who are currently high school seniors. With the passage of the bill, the program would be available to students in perpetuity. It currently costs \$7 million per year.

The measure now moves to the House of Representatives, where companion legislation has been introduced by Speaker of the House K. Joseph Shekarchi (D-Dist. 23, Warwick).

## ■ Homes

(Continued from page 1)

homes, realizing that either they wanted more space or that they had too much of it. They took on renovation and expansion projects and they thought of moving to something bigger or downsizing.

Rhode Islanders weren't alone.

D'Ettore said many living in big cities or their suburbs realized they didn't need to live close to their place of business. Rhode Island coastal communities not only offered opportunities, but home prices here were a bargain compared to what other places had to offer — homes within walking distance of the beach and on the beach selling for less than \$1 million, she said.

Data provided by the RI Association of Realtors show that 23.4 percent of homebuyers were from out of state this March, as compared to 17.6 percent in March of 2020.

That's only a chapter in the story.

As D'Ettore observes with the shutdown, manufacturers of home building supplies and mills cut back production. Workers were laid off; some plants were closed. Simul-

taneously, homeowners with time on their hands turned to home improvement projects. Lumber and building supplies became scarce. Contractors who won jobs prior to the pandemic found they were holding the short end of the stick. Rising prices were turning once profitable projects into losers.

It put the brakes on new home construction.

Moreover, says D'Ettore, with new home construction and renovations to older homes taking a hit, the inventory was further constricted.

Fueling buying like gasoline poured on a fire, interest rates were at record lows. People who hadn't thought of buying a home did the math and found they could end up owning a house for as much as it was cost them to rent in some cases. The demand kept growing and the inventory kept dropping.

In its quarterly report, the Rhode Island Association of Realtors reported the sale of 2,170 single-family homes with the median price increasing from \$290,000 to \$330,000, or 13.79 percent. As an indicator of the shortage of single-family homes and their demand, the average days on market statewide dropped from 68 to 46

days this quarter.

In Warwick, 259 single-family homes with a median price of \$289,900 sold in the quarter, reflecting a decline of 8 houses and a 19.35 percent increase in median price. Similarly, 199 single-family homes in Cranston — up 49 houses from the first quarter in 2020 — sold at a median price of \$300,000, an increase of 17.67 percent. In Johnston, 87 homes, an increase of 21, sold at a median price of \$310,000 for a 9.87 percent increase.

The hot housing market has also trained the spotlight on the shortage of affordable housing, which has become the focus of research into constraints on the development of housing and a package of legislation introduced by Speaker of the House K. Joseph Shekarchi.

The legislative package has the Rhode Island Realtors Association's endorsement.

David Salvatore, RIRA government affairs director, finds the state's multiple municipal zoning regulations as a hindrance to the development of affordable housing. The association supports house Bill 5632 and its provision allowing for "tiny homes." Salvatore described tiny homes as being 150 to 400 square feet, which he rea-

sons could be affordable to first-time buyers as well as vulnerable populations including veterans and as an option to assisted living for the elderly.

In written testimony to the House Committee on Housing and Municipal Government, Salvatore says, "the first step in exploring a 'tiny homes' option includes a discussion about public perception that small homes are not undesirable, low-quality housing. In fact, 66 percent of Rhode Islanders support changing zoning laws to allow the development of alternative housing options like carriage houses, garage apartments or tiny houses, ac-

ording to our polling data."


The association likewise supports Senate Bill 478, dubbed the First-Time Homebuyers Savings Account Act. The measure would enable prospective homebuyers to save for a down payment or closing costs through a tax incentive program. In testimony to the Committee on Senate Finance, Salvatore points out the share of first-time homebuyers in the national home sale market has fallen from 45 to 35 percent since 2009 according to the National Association of Realtors.

He writes the association recognizes the act "will not reduce all bar-

riers to homeownership; however, first-time homebuyer saving accounts would be a financial tool for Rhode Islanders to move closer to their goal."

The association furthermore supports the creation of a deputy secretary of commerce and housing.

"Without a point person who is empowered with coordinating and executing a critical facet of our economy, Rhode Islanders will continue their struggles to access housing opportunities, whether owned or rented," Salvatore wrote in an April 13 letter to Rep. Marvin L. Abney, chair of the House Finance Committee.




## Obituaries

In your time of need, the *Johnston Sun Rise* will print your loved one's full obituary for a small charge. The paper also places the obituary on our Web site, [johnstonsunrise.net](http://johnstonsunrise.net).

Should you desire our services, kindly inform your funeral director, or call Sue Howarth at (401) 732-3100 or email [sueh@rhodybeat.com](mailto:sueh@rhodybeat.com) for additional information. Obituary prices start at \$50. You may place the obituary in any of our other newspapers for half price. *Thank you.*

**William Geremia**  
*Happy Birthday in Heaven*  
APRIL 10  
*Fourth Anniversary*  
APRIL 12



Loved and missed ~  
Wife Linda, Son Billy &  
Family



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# spotlight ON BUSINESS

## Dreamland Learning Center

Where play and learning happen all day long – enrollments now open

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**NOW ENROLLING**  
 6 Weeks – 12 Years Old

By JENNIFER COATES

Dreamland Learning Center, a creative and cheerful childcare center in Johnston, is a bright and welcoming place where learning is fun and where every space was designed to enrich the growing minds of the many children who come here. This learning center was opened in 2015 and has been evolving and expanding ever since to meet the needs of today's modern family ~ even, and especially, as we are slowly emerging from a difficult and trying year.

Every space in this center is thoughtfully planned and designed to be developmentally appropriate and purposeful. Child-size furniture makes each room look comfortable and adapted to the needs of pint-sized early learners, while shelves are filled with toys and walls are strewn with art projects. Centers are set up for imaginary play, arts & crafts, building, science, music and

story time. The outside playgrounds provide the perfect place for youngsters to run off all that childhood energy. The playgrounds are even divided for children of different age groups. The after-school room is replete with long tables for homework time. This space has served as an organized area to work when schools are only offering remote instruction.

The curriculum and staff-to-child ratio requirements here meet the strict standards of the state while all staff are licensed and CPR certified. The staff here work as a team with one goal in mind and that is to enrich the lives of the children over whom they have been given this special stewardship. In fact, the whole facility is Bright Star® rated for excellence.

The team at Dreamland continue to be vigilant in their efforts to stave off all sicknesses, but most especially Covid infections. All measures are in place,

including the wearing of masks by the staff and constant sanitization. Access to the classrooms is limited to staff and children only and, while in-person tours have been temporarily suspended, virtual tours are offered by appointment. You can be assured that your child is in a safe, secure, and happy place!

If you are looking for childcare this summer or are just interested in giving your child a fun place to spend time with friends, check out the Summer Camps starting soon at Dreamland Learning Center. Beginning on June 28th, your child can enjoy hours of play, outdoor activities and of course, lots of learning. Call or visit their website to learn more!

Dreamland Learning Center is now accepting enrollment for children ages 6 weeks through age 12 years of age. After school programs are in session. The Center is located at 1253 Hartford Avenue. For more information, to discuss your questions or concerns, call 401-280-1400 or visit their website at [www.dreamlandlearningcenter.com](http://www.dreamlandlearningcenter.com). Normal hours have now resumed to 7:00am to 5:30pm.

Be sure to check out the other Dreamland Learning Centers in West Warwick (401-828-8200) and Pawtucket (401-655-1000).



The playgrounds at Dreamland Learning Centers are colorful, safe and offer the perfect place to enjoy the fresh springtime air and sunshine! Schedule a virtual tour today and be sure to ask about Dreamland's summer camps, starting in June.

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Station Fire Memorial Park

# 'Trial by Fire' author seeks new way of looking at Station blaze

By LAURA WEICK

The author of a book on the Station nightclub fire asked readers to consider all angles of the tragedy during a discussion hosted by the Cranston Public Library Saturday afternoon.

Scott James, the author of "Trial by Fire: A New Examination of the Station Nightclub Fire," spoke about his book virtually. Journalist Pamela Watts hosted the event, which was attended by 82 people. You can watch the full presentation at crowdcast.io/e/trial-by-fire-a-new.

The fourth-deadliest nightclub fire in the United States occurred just over 18 years ago on Feb. 20, 2003, killing 100 people and injuring 230. The rock band Great White performed that night at the West Warwick club, but pyrotechnics the tour manager launched at the beginning of the show lit the acoustic foam on the walls on fire, trapping people in the building.

In addition to the foam insulation being highly flammable, the building had no fire sprinklers and was over capacity when the fire happened. James said the building was not properly inspected, which is detailed in his book.

"Part of the reason for writing this book is because I'd like to say that we've learned some lessons, but I don't think we did," James said. "I think we can't forget this case. We should not forget this case. It's important for people to remember this tragedy because it's still happening today."

James, an author and journalist based in San Francisco, grew up in a suburb of Providence. Although he wasn't in Rhode Island when the fire occurred, he said the event has haunted Rhode Islanders for years.

"When I would come back [to visit family in Rhode Island] people would say, 'You know, I'm not sure we ever got the full story because there were never any trials,'" James said. "And people had the sense that justice was never served. I heard this for many, many years and after a while I decided I would start to ask some questions to answer their

concerns."

Station nightclub owners Jeffrey and Michael Derderian and Great White's tour manager Daniel Biechele were each charged with involuntary manslaughter. Biechele pleaded guilty and was sentenced to 15 years in prison, although he was later released on parole. The Derderian brothers pleaded no contest to avoid trial, so Michael was sentenced to 15 years in prison while Jeffrey received a 10-year suspended sentence, three years of probation and 500 hours of community service. Michael was later released on parole.

James said early in his investigation he learned that there had been mock trials for both the brothers and Biechele. While Biechele was found guilty in one of these mock trials, the Derderians were not convicted in their mock trial. This made James curious if there was evidence the mock jurors saw that the general public did not that resulted in the convictions.

He said the book recounts "fly on the wall" moments including a conversation between then-Gov. Donald Carcieri and the editor of the Providence Journal at the time about what to reveal to the public, as well as a recount of when the victims' families heard who would get charged for the fire.

James also spoke with the Derderian brothers for the book, an anomaly since the brothers have been notoriously tight-lipped about the incident with the press. James said he knew Jeffrey Derderian from when he worked at ABC6 in Providence, so he eventually persuaded him and his brother to be interviewed.

"People have been told one version of events, the government's version of events, over and over and over and over again for now 18 years," James said. "So along comes this book that says, 'Well, wait a minute. There are other facts for you to consider.' Now they might not change your mind or how you feel about this, but now we're going to lay them all out so you can see for yourself and make a decision, so you

get more sides to the story than you've ever had."

When Watts opened the floor to questions, Brian Wilk asked James through the chat if he felt the punishment given to the Derderians was fair. James said it all depends on your point of view.

"Some people have described this book as a whodunit," James said. "Perhaps, but I'm not telling you whodunit. I'm laying it all out there so you could decide who would be culpable, if it's the systems, or the institutions, and whether or not justice was served. This is where you decide, not for me to tell you."

Another commenter, Keith Francoeur, said he read a review of the book that described James as biased in favor of the Derderians. James said he never said the brothers weren't responsible in the book, but that the book presents multiple perspectives, including the Derderians'.

One of the narratives heavily featured in the book is that of Gina Russo, a survivor of the fire who lost her fiancé that night as well.

In an interview following the online presentation, Russo told the Warwick Beacon she did not finish the first chapter of the book since it was too difficult emotionally for her to read, but that she heard about what was included through friends and phone calls from the community.

James interviewed Russo for the book but Russo said she did not realize how featured her story would be. She wishes she had been informed about how big her story would be in the book. Russo also said some information she heard was in the book was not entirely factual, particularly regarding the legal aspects, and she wishes James investigated them more.

However, Russo said she was glad the Derderian brothers had the opportunity to share their perspectives, and said James had noble intentions.

"[James is] a very nice guy and I know what he's trying to do, it's about never forgetting," Russo said. "I hope it puts everyone on the road to a healing process."

# ANIMAL TALK

By Karen Kalunian

Local Adoptable Loveable

**Flynn**



Photo credit: Karen Kalunian

Fun-loving Flynn will take your breath away with his beautiful face and snow white coat! He's a three year old domestic medium hair with bunny soft fur, a fluffy tail and striking golden-green eyes. Flynn wants to be your one and only prince, so he needs a home with no other pets. He also likes to play and can get excited so he will need an adult only, cat savvy owner. If you are a true kitty lover and want to take this boy home, please contact the Warwick Animal Shelter at 401-468-4377 for more information or email animal.shelter@warwickri.com for an application and an appointment to meet him. Flynn can't wait to join your castle and be your one and only prince!

If you have been looking to adopt or know of an animal in need, please contact Karen directly at **animaltalk1920@gmail.com**



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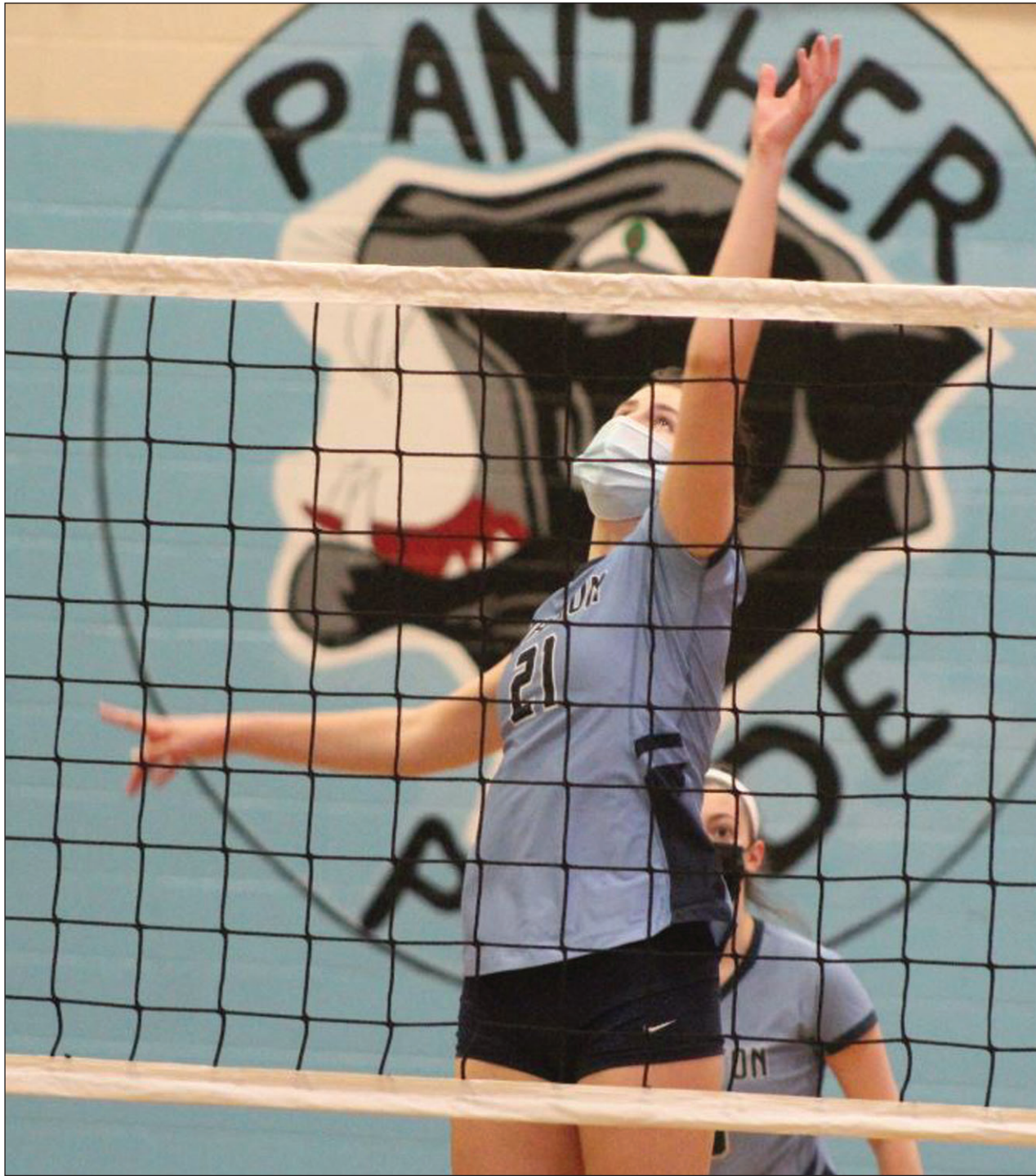


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# Sports

## Panthers sweep Titans



PLAYOFF READY: Johnston's Brynn Roche goes to block a shot against Toll Gate. (Photos by Alex Sponseller)

## JHS improves to 7-1, set for playoffs

By ALEX SPONSELLER

The Johnston girls volleyball team continued to roll when it swept visiting Toll Gate 3-0 last week.

The Panthers came out hot in the first two sets, winning 25-9 and 25-8.

Johnston, who has played five sets in five different games, has had a habit of letting teams back into games and did just that in the third

set. The Titans held multiple leads throughout and forced the Panthers to go on a late run to rally to a 25-20 win to close out the victory.

"It was good. We switched up our lineup a bit in the third set, and these girls are creatures of habit so they had to adjust a bit, but they were able to pull through. (Toll Gate) made some adjustments and were on their game in the third, but we were able to pull through," said

Johnston coach Greta Lalli.

Johnston leader and Rivier-commit Brynn Roche was excited for her team to get the win and build some momentum heading into the playoffs.

"We're all really excited to go to the playoffs and want to be prepared for it. We don't want to be

JHS- PAGE 17



HAULING IT IN: Johnston's Thomas Zednik hauls in a touchdown last week. (Photos by Leo van Dijk/rhodyphoto.zenfolio.com)

## Panthers roll to 27-0 win

By ALEX SPONSELLER

The Johnston football team returned from a week away by cruising to a 27-0 shutout victory over Juanita Sanchez/PCD last weekend.

Deremy Stubbs got the Panthers on the board in the first quarter to give Johnston the early 7-0 lead.

The Panthers would extend the advantage to 21-0 at halftime when quarterback Hunter Remington connected with Tom Zednik for a

score, followed by a big rushing touchdown from Remington.

Although the Juanita Sanchez/PCD defense solidified in the second half, the Panthers would get some insurance in the fourth when Stubbs

rushed for his second score of the game to wrap up the victory.

The Panthers improved to 2-0 on the season and will take on Tiverton this Friday night.

For more photos of the action, check out page 16.

## Youth sports return signals progress

A handful of local youth baseball and softball leagues opened this past weekend and more will be getting started in the next couple weeks.

I remember last season around this time when Little League baseball and other youth leagues were put on hold with no real start date. Something felt off about it, it just felt like something was missing to the spring season.

Most leagues were able to get back out there in June and enjoy a summer season. It was a re-

### My pitch



by ALEX SPONSELLER  
SPORTS EDITOR

ALEXS@RHODYBEAT.COM

lief and a nice return to normalcy during a time

PITCH- PAGE 16

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# How to catch monster tournament fluke

By CAPT. DAVE MONTI

Fishing recreationally for summer flounder (fluke) with family and friends and fishing a fluke tournament are two different things. How different you ask? Well you can find out this Monday, April 25, 7 p.m. at a Championship Fluke Fishing seminar by two of the best tournament fluke fishermen on the East Coast, El Nino Fishing Team leaders Nino Aversa and Ron Redrow.

The El Nino Fishing Team won over \$160,000 in cash prizes last year, taking both the "Fluke Til You Puke" Rhode Island tournament and the "Flounder Pounder" tournament in Delaware.

The RI Saltwater Anglers Association online seminar will place Aversa and Redrow in a casual conversational style online seminar format. The seminar will cover how the duo pre-scout areas, how they put their team together, and how they set-up their boat for tournaments.

RISAA members attend free, it's easy to join at [www.risaa.org](http://www.risaa.org). Non-members are welcome with a \$10 donation to the RISAA Scholarship Fund. For information contact Steve Medeiros, president, at 401.826.2121 or [steve@risaa.org](mailto:steve@risaa.org).

### COVID impacts on recreational data lower than anticipated

Final 2020 recreational catch and effort data estimates where released by the National Oceanographic & Atmospheric Administration (NOAA) last week. Data from the Marine Recre-

ational Information Program (MRIP) are now available for the Atlantic and Gulf Coasts, Hawaii and Puerto Rico.

The COVID impacts on Fisheries Management Plans, recreational harvest limits and regulations will be a lot less on the recreational fishing sector than originally anticipated.

NOAA said in a press advisory last week, "While the COVID-19 pandemic disrupted the Access Point Angler Intercept Survey (APAIS), its overall impact on recreational fishing data collection was lower than first expected, and NOAA Fisheries was able to fill gaps in 2020 catch data with data collected in 2018 and 2019."

NOAA's use of imputed data, also known as proxy, or replacement data, match the time, place, and fishing mode combinations that would have been sampled had the APAIS continued uninterrupted. Imputed data were combined with observed data to produce catch estimates using standard estimation methodology.

NOAA said, "The use of imputed catch data had minimal impact on the agency's effort estimates, as the mail and telephone surveys that collect effort data continued largely uninterrupted."

Two new changes have been made to MRIP queries. There is now a Contribution of Imputed Data to Catch Estimates column, and a second new option that allows users to select to include rows with missing data for estimates where no estimates exist.

The MRIP data and queries

website can be found at MRIP Web Queries ([www.fisheries.noaa.gov/data-tools/recreational-fisheries-statistics-queries](http://www.fisheries.noaa.gov/data-tools/recreational-fisheries-statistics-queries)).

### Where's the bite?

Freshwater. "Trout fishing is good and with restocking this week it should continue to improve as the weather warms," said Ken Landry of Ray's Bait & Tackle, Warwick. Dave Henault of Ocean State Tackle Providence, said, "Freshwater fishing is exploding with customers catching largemouth bass, pike, white perch and the carp bite has been good too. The trout fishing has been very strong at stocked ponds so overall freshwater fishing is great." "Bad Luck Pond, Rehoboth continues to produce largemouth bass for customers and the trout bite at Willet Avenue Pond, Riverside; Only Pond, Lincoln; and Brickyard Pond, Barrington continue to produce trout for anglers." said John Littlefield of Archie's Bait & Tackle, Riverside.

Tautog fishing which opened up April 1 continues to build. "Anglers are catching fish in lower water. The fish seem to be heading for warmer water rather than traditional deep water spots that are too cold right now. Customers are catching fish at India Point, Providence where they caught six keepers this weekend and the Codington Cove jetty in Middletown is yielding tautog, anglers are working for them but some keepers are being caught there too." "Tautog fishing in Providence and East Providence has been slow, some shorts (un-



**CHAMPIONSHIP FLUKE FISHING:** Ron Redrow of the El Nino Fishing Team will speak at a RI Saltwater Anglers Association seminar. Visit [www.risaa.org](http://www.risaa.org) for information. (Submitted photo)

der the minimum 16-inch size) have been caught at Kettle Point, Riverside but no reports of keepers being caught."

Striped bass fishing is starting to heat up with keeper sized fish being caught in Narragansett as well as at Conimicut Point, Warwick. "Striped bass in the 27-30 inch range were caught using Al Gags Whip-It Eels (white) while fishing at night." said Dave Henault of Ocean State Tackle. "Fishing for striped bass has been slow.

One customers fished the West Wall of the Harbor of Ref-

uge this weekend and could not hook up, however, on the return trip he fished the Middle Bridge, Narragansett area and caught two school bass on the Narrow River."

Dave Monti holds a captain's master license and charter fishing license. He serves on a variety of boards and commissions and has a consulting business focusing on clean oceans, habitat preservation, conservation, renewable energy, and fisheries related issues and clients. Forward fishing news and photos to [dmontifish@verizon.net](mailto:dmontifish@verizon.net) or visit [www.noflukefishing.com](http://www.noflukefishing.com).

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YAC: Johnston's Joey Acciardo picks up some yards.



KEEPER: Johnston quarterback Hunter Remington scrambles for some yards.

# Rondeau's to host free clinic

## FROM STAFF REPORTS

Saturday, April 24 from 9 a.m. - 2 p.m. will be an eventful day at Rondeaus Kickboxing, located at 1408 Atwood Ave in Johnston. The day will include a free self defense course, book signings, vendors, raffles, prizes, and more.

The day starts at 9 a.m. come check out our classes in action. Take advantage of this phenomenal opportunity to attend our Fitness Kickboxing classes at 9:30 a.m. and 10:30 a.m. At 11:15, our Kids Class is available for children ages 7 - 12.

See what all the talk has been about, as you get the best workout of your life. No experience is necessary, our instructors will be working with you throughout the class!

From 12-1 p.m., Christina Rondeau, 5th Degree Black Belt, Professional Kickboxer, and owner of Rondeaus Kickbox-

ing, will be teaching a FREE self defense class for both adults and children over 14 years of age. During this class, the participants will be learning effective and proven self defense and personal safety techniques.

At 1 sharp the exhibition fights begin. Members step into the ring, raising money for Knockout Wishes. Knockout Wishes is Rondeaus Kickboxing Fundraising, where funds are utilized to help others in the community going through hardships.

Christina, author of several books including the children's book, "Wimpy and Made With Love," will be available for book signings throughout the day's events.

If you are a vendor and looking to participate in the event, there are a few table spots left, contact Christina Rondeau at 401-996-5425 or info@rkblive.com.

## ■ Pitch

(Continued from page 14)

normalcy during a time when things were just so uncertain regarding the pandemic.

Although local programs were able to get back out there, the summer continued to have a different feel as the All-Star tournaments were put on hold. One of the best American sports traditions was wiped away for a year as kids were stuck playing in their own home towns. Something is better than nothing and we were all grateful to be out there at all, but once again, it was different.

We'll see how things shake out this spring and summer, but it is nice to welcome the kids back in April again and as far as I know, there will be some form of All-Star play this summer.

Not having the tournaments last summer was one of the old cliché feelings of not knowing what you had until it was gone.

I've always enjoyed the tournaments. It's always a fun environment and usually a laid back one as most things are during the summer months. It's fun watching kids travel from all over the state to represent their communities and see which is the top dog. It's also surreal to see local team make it to the World Series. One minute you're covering them down the street, the next, ESPN is calling their game.

Not to go overboard with the importance of baseball and softball, but these travel tournaments are so important and special to the kids. Youth sports in general build character and help socialize them, but to give them an opportunity to see other areas of the state, country and to interact with those people as well, it's a great tradition.

So, as always, embrace and celebrate local youth leagues and catch a game or two even if you don't have relatives participating. Especially now that they're back and things will closer resemble the norm, it should be a fun few months.

Last Friday, there was an unexpected snowstorm that threw a wrench into the high school sports schedule. Between the evening games being postponed and even some of the early Saturday games, things were all out of whack.

Then to compound those weather issues, there were unfortunately some COVID-related issues as well. Bishop Hendricken's game against rival La Salle was canceled, as was Pilgrim's game against Middletown. The Cranston East and West volleyball game was also called off.

My question now becomes, how will these cancellations impact the playoff

format and whatnot?

Obviously, if Hendricken goes 4-0 this season then it would be pretty tough to deny them a playoff spot, that won't happen. But for those teams that are closer to the mean that lose out on games, what is going to happen?

Either way, it'll be based on winning percentage which is fair, I don't have any issue with it, but I'm sure some others may. Who knows? I'm just thinking out loud.

As for Cranston West, who's season was cancelled since they are in COVID protocol, what a tough blow.

The Falcons were having a solid season and looked like they'd have a chance to compete in the playoffs. Unfortunately, the timing of this was about as bad as it could be and the girls won't have that opportunity. Sure, it is great that they got to play for as long as they did, but to have things cut short is disappointing and once again, a sobering reminder that we still have some work to do to return to total normalcy.

Speaking of which, the normal spring sports season is set to begin next week and the gold season teed off on Monday.

Like Little League, it is great to see the spring athletes return to the field after missing the entire 2020 season.

I won't dive back into the importance of giving these kids a season, I've done that enough in the past year. I will approach this from another angle this time.

The unknown.

For some of our teams, especially those that were toward the top in 2019, how is 2021 going to look? How will those freshmen that are now juniors feel? The sophomores that are now seniors?

How will rosters shake out now that teams will essentially be needing to make up for two graduating classes? How will those middle schoolers adapt as sophomores?

It's just a thought. Not that I would prefer to have it this way, but it is an intriguing idea. Will teams all be set back a bit or will they be ready to hit the ground running? Will the seniors be ready to lead teams considering the last time they hit the field they still the new guys? How well will coaches know what they have? What have the kids done to prepare? So many questions to be answered.

I was at the Pilgrim-Toll Gate gold match at Valley Country Club on Monday afternoon. After such a lousy week-end of weather, it was nice to rebound to a 65-degree, sunny day.

As I was making my way around the greens, enjoying the weather, it all hit me spring is finally here, and we have so much to look forward to in the coming months.

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**X's AND O's:** Johnston coach Greta Lalli talks with the team during a timeout.



**SERVICE:** Johnston's Tori Viau gets set to serve against Toll Gate.



**RETURN FIRE:** Johnston's Gianna Fernandes returns a Toll Gate shot.

## ■ JHS

(Continued from page 14)

cocky, but we want to be confident going into them. Right off the bat, we knew that we wanted to come out strong. We just need to play as a team, keep a positive attitude and stay up," said Roche.

With the win, the Panthers improved to 7-1 and remained in a dog fight atop the standings. They squared off against Portsmouth on Wednesday, but the results were not available at press time.

"(The playoff race is) intense, and I am not sure they know how intense it actually is since they are just out there playing. It's definitely big since we have such a small group. It was tough for us not having our full team here today," said Lalli, who's JV team was in quarantine.

Lalli added: "They just have so much fun on the court. They did the best that they could, they played an unbelievable first two games and regardless of score, they stayed focused in the third. They followed the ball, stayed in it, and that's a sign of a good team. When it got tough, they stayed in it. We have four seniors, four sophomores, and the chemistry is fantastic. If they stay up, they're fantastic."

Although the Panthers are still learning to close out games, last week's win

was a step in the right direction and will pay dividends moving forward.

"We've been to five games, five times. With that, they're in such great shape and they don't get tired. We don't have people to sub in, most of them play the whole time and it's usually more intense than this. They just go and go," said assistant coach Margaret Guilmette.

The Titans were scheduled to face West Warwick on Wednesday, but the game was postponed.

Roche recently committed to play for Rivier after feeling at home during a campus visit.

"Just the first time I visited the campus it felt right and I knew that I wanted to play volleyball there. I reached out to the coach and he offered me a spot. I'm really excited," said Roche.

Roche, who also plays club volleyball, is excited for the challenge ahead and is expecting a big step up in competition.

"The intensity of the game is really different. Even playing club is different, so it'll be different going from high school to college. Keeping up my strength and endurance will be a focus between now and the fall," said Roche, who will miss her teammates and Johnston community. "I'm going to miss my team the most, I love playing with the girls that we have. I miss having the fans here this year, but I'll also miss having this crowd here supporting us."

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## 5 Tips to Spring Clean Your Home Inside and Out

FAMILY FEATURES

Spring cleaning isn't just about purging dirt and grime. It's also the perfect opportunity to take inventory of items around your home. As you tackle this season's cleaning, look for ways to improve your overall living space, from getting rid of things you no longer need to adding items that can work harder for you.

Consider these five ways to tackle your home inside and out this spring.

**Make organizing easier.** As you clean each space, look for easy ways to reduce unsightly messes and improve organization. If your entryway always becomes a jumbled pile of shoes and coats, consider adding a storage bench and hooks to bring some order to the area. If the kids' toys always accumulate in the living room, add a storage chest or large baskets to store them when not in use. If tools and equipment make the garage unusable, install shelving units to keep everything in place.

**Eliminate the excess.** Spring cleaning is also an opportunity to declutter and make way for something new, either by donating or selling unused things. Whether it's last season's fashion and accessories or unused tech and fitness gear, that item you never used – or haven't used in a while – may be exactly what someone else is looking for. Online platforms can make the process easy and be a way to earn extra cash or help fund other home upgrades. Look for marketplaces that help you maximize your return; eBay, for example, is giving sellers 200 free listings every month, meaning you only pay after your items sell.

**Reimagine your living space.** If one area is becoming too crowded or doesn't serve your family's needs, consider items you can repurpose for another part of the home. For example, move an unused chair in your living room into a bedroom to create a reading nook. Keep your focus on function as you make changes that accommodate your lifestyle.

**Make smart additions.** Once you've cleared your space, and sold things you no longer need, you can convert that extra cash into reliable home appliances and tech. For example, purchase or upgrade items like vacuums, lawn mowers, power washers, drills and more to help take your spring cleaning to the next level. You can make your money go further by choosing certified refurbished products; some marketplaces like eBay offer inventory that has been professionally inspected by the manufacturer, or a manufacturer-approved vendor, to look, feel and work like new.

**Commit to revisiting regularly.** It's easy to let clutter and disorganization slide when you get busy with life's demands. Once your spring cleaning and reorganizing is complete, commit to reassessing your home on a monthly or quarterly basis so you can make small adjustments along the way, rather than face a major project every year.



Photos courtesy of Getty Images

### Shop Smarter

Considering refurbished products for your shopping list can expand your options and make it easier to purchase top-of-the-line brands without going over budget. From tech and small kitchen appliances to outdoor power equipment, you can discover a breadth of items often in like-new condition.

**Shop for Multi-Purpose Items:** When upgrading your arsenal of gadgets, tools and small appliances, look for items that can serve multiple purposes. For example, many vacuums can transform into steamers or include mop attachments and some pressure cookers can also be used as air fryers.

**Feel Confident in Your Purchase:** Sometimes upgrading means investing in a premium product you can count on to last longer than entry-level models. With eBay's Certified Refurbished program, you can find popular, professionally inspected name brands at up to 50% off, all of which are backed by industry-leading two-year warranties for peace of mind.

**Keep Sustainability in Mind:** Keeping functionality in mind and buying like-new items not only saves you money now and in the future but can also help protect the planet by extending the life of products and reducing unnecessary waste.

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# Happy Spring!!

A refreshing time of year with so much to look forward to... longer days, outdoor activities, grilling, gardening, and hopefully a busy Spring Real Estate market

By Donna DeLauro

## RhodyHome

If you've decided it's time to go ahead and make the move to buy or sell real estate you may be asking yourself.. Where do I begin?

Whether you are buying or selling, please consider contacting a professional Realtor for a consultation to discuss your goals and how to reach them.

Real Estate can be the most exciting, and costly transaction you will make in your life. Some of us will experience it once, or twice, some will have many sales. Either way, a real estate deal is significant.

When you are thinking about selling your property, or purchasing a new property, there are many important decisions to begin to make.

Let us look at both types of transactions and talk about what to expect once you begin the process.

### When selling...

#### Prepare the property for sale

Should you make any upgrades in order to get the most money from the sale? Maybe, or maybe not - depending on the "as is value" compared to the "as done value" and what it will cost to do the work. Making upgrades prior to selling may take more time than you have and cost out of pocket money you're not in a position to spend. In some situations, it may be best to sell the home as is and price accordingly so the buyer can choose their own décor.

In many cases value can be added with a little paint and cleaning that will not cost a lot but may allow a higher asking price.

If there are condition issues that may inhibit financing, it may be worth making the repairs in order to open your buyer pool to those who are financing. Your professional Realtor will be able to guide you through these options.

#### When is the best time to list the property?

As I am sure you are hearing and reading, this is a great time to sell residential real estate. There are not enough listing opportunities for the number of buyers out there look-

ing to purchase a home utilizing low interest rates currently being offered. Spring is traditionally a good time to list since the yard and homes look prettier with green grass, colorful flowers etc., and buyers are making their family move after children complete their school year. Market conditions will drive the activity somewhat; however there will always be a need for folks to move for one reason or another.

#### What is the best price for the property?

In a market such as we are currently in, many sellers want to list high so they aren't leaving money on the table. As a Realtor of 20 years, it is my experience and advice to price your property within fair market value. If the buyer is financing the purchase there will be an appraisal process required by the lender to determine property value based on recent comparable property sales in the local area, as well as property condition. If the appraisal result is at least equal to or greater than the purchase price, the property will qualify. If the appraisal value is determined to be lower than purchase price, the buyer and seller may need to renegotiate the deal. This can create delays to the closing process or often times the deal will be off and everyone has to start over. By this time buyers have spent money on inspections and the appraisal, and sellers will have begun their moving process and their future plans will be delayed as well.

#### Do you need to find another property prior to selling your current home?

If you are looking to purchase a property but need to sell your current home in order to finance the new purchase, your sale and purchase will be contingent upon both factors. This is an important discussion you will have with your Realtor and lender in your planning stage. A well-coordinated strategy will be critical to the successful transition.

### If buying...

Now more than ever it is important to work with a professional who is representing you and working in your best interest. The current real estate market is very competitive as so many buyers are looking and making offers on the same few listing opportunities. Sellers will analyze multiple offers with their realtor to determine which buyer will get them to the closing table with the least amount of roadblocks while bringing in the most dollars. Sometimes it is a matter of who can offer the most money. Other times it is the best terms of the offer that will benefit the seller's situation. Maybe they need time to find their next home, or to settle an estate. Some will not have the means to make repairs or prepare the property for closing. Allowing the seller to complete their transaction with the least amount of stress can add value to your offer. How you are paying for the property is of great importance to the seller. Buyers with strong financing and no contingencies are attractive to sellers.

#### What price range are you able to purchase?

The most important part of your home purchase is financing. I will always recommend buyers begin by seeking out a reputable purchase focused lender who will provide a variety of loan options that will best fit their financial situation and goals. Your Realtor can recommend lenders who will provide great service and get you to the closing table smoothly and successfully. As mentioned earlier, buyers with a reputable lender can be the difference between getting your offer accepted or not in multiple offer situations.

#### Where do you want to make your purchase?

Location, location, right? It is important to think about where you want to live. This may not be your forever home and you might want to resell in the future. The loca-

tion may be the difference between a good investment for the future or not. Think about the area and future potential for stability in value, improvement to the area or area digression.

#### What type of property are you looking for?

Are you looking to purchase a single family, multi family, condominium? Your realtor can create searches in MLS (Multiple Listings Service) for whatever property type you are looking to purchase and generate email alerts to let you know what is for sale in your price range. Staying on top of the market will be important especially now as new listings that are priced appropriately in decent condition in a desirable location will sell quickly, sometimes within the first few days!

As you saw there are many things to consider when deciding to enter a Real Estate Transaction.

Your experience will be exciting successful and stress free, with the right team of experts on your side.

Choose wisely and best luck!

Donna DeLauro is a Realtor at RE/MAX Real Estate Center in Coventry. She is also a Senior Real Estate Specialist and the Proud Founder of Mature Matters.



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# Protect Your Health with a Heart-Smart Eating Plan

FAMILY FEATURES

As people have spent more time at home, many have rediscovered the simple joy of home-cooking and stumbled upon a secret weapon for health at the same time. By making smart, intentional decisions from breakfast to dinner and every meal (and drink) in-between, they are supporting strong bodies.

A heart-smart eating plan is especially important for more than 30 million people in the U.S. living with type 2 diabetes who are at double the risk for heart disease and stroke compared to those without diabetes, according to the American Heart Association and American Diabetes Association's Know Diabetes by Heart initiative. When managing diabetes and heart health, building a consistent eating plan with the right balance can be a powerful tool.

Healthy eating provides benefits for the whole family whether members are managing existing health conditions or not. This recipe for Baked Parmesan Chicken is packed with 30 grams of protein in each serving yet delivers only 280 calories. For a tasty way to increase vegetable intake, try pairing the no-sugar chicken dish with Green Beans with Mushrooms and Onions.

A key to feeling your best begins with the first meal of the day. Start the morning on a nutritious note with this Ham and Broccoli Frittata – a low-sugar, low-fat, low-calorie alternative to traditional fat- and sugar-laden breakfast foods. With this recipe, you're setting yourself up for a healthy day and getting the energy you need to live it to the fullest.

Find more recipes and learn more about managing the connection between diabetes and heart health at [KnowDiabetesbyHeart.org/Recipes](http://KnowDiabetesbyHeart.org/Recipes).



Baked Parmesan Chicken

### Baked Parmesan Chicken

Recipe courtesy of Know Diabetes by Heart

Prep time: 15 minutes

Cook time: 18 minutes

Servings: 4 (3 ounces chicken per serving)

**Cooking spray**

- 1 large egg
- 1 tablespoon water
- 2 teaspoons olive oil
- 1/3 cup finely crushed, low-sodium, whole-grain crispbread
- 1/3 cup shredded or grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon ground oregano
- 1/4 teaspoon pepper
- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness

Preheat the oven to 400 F. Lightly spray a 13-by-9-by-2-inch baking dish with cooking spray.

In a shallow dish, whisk the egg, water and oil. In a separate shallow dish or pie pan, stir together the crispbread, Parmesan cheese, parsley, oregano and pepper. Dip the chicken in the egg mixture then in crumb mixture, turning to coat at each step and gently shaking off any excess. Using fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.

Bake for 15-18 minutes, or until chicken is no longer pink in the center and the top coating is golden brown.

**Nutritional information per serving:** 280 calories; 80 calories from fat; 9 g total fat; 2.5 g saturated fat; 0 g trans fat; 1 g polyunsaturated fat; 4 g monounsaturated fat; 125 mg cholesterol; 340 mg sodium; 530 mg potassium; 18 g total carbohydrate; 4 g dietary fiber; 0 g sugar; 0 g added sugar; 30 g protein; 370 mg phosphorus. Choices/Exchanges: 1 starch, 4 lean protein.



Ham and Broccoli Frittata

### Ham and Broccoli Frittata

Recipe courtesy of Know Diabetes by Heart

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 4 (1/4 frittata per serving)

**Cooking spray**

- 2 cups frozen fat-free potatoes O'Brien, thawed
- 6 ounces small broccoli florets, rinsed in cold water, drained but not dried
- 8 large egg whites
- 1 large egg
- 4 ounces lower-sodium, low-fat ham (uncured, nitrate/nitrite-free), cut into 1/4-inch cubes
- 1/4 cup fat-free milk
- 1/4 teaspoon pepper

Preheat the oven to 400 F.

Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4-5 minutes, or until potatoes are golden brown, stirring occasionally.

In a microwaveable bowl, microwave the broccoli, covered, on high for 3-4 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.

In a medium bowl, whisk the egg whites and egg. Whisk in the ham, milk and pepper. Pour the mixture over the potatoes and broccoli; stir well.

Bake for 15-18 minutes, or until the eggs are set.

**Nutritional information per serving:** 180 calories; 30 calories from fat; 3 g total fat; 1 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 60 mg cholesterol; 460 mg sodium; 570 mg potassium; 17 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 1 g added sugar; 18 g protein; 210 mg phosphorus. Choices/Exchanges: 1 carbohydrate, 2 lean protein.

### Green Beans with Mushrooms and Onions

Recipe courtesy of Know Diabetes by Heart

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4 (1/2 cup per serving)

**Water**

- 8 ounces green beans, trimmed
- 2 teaspoons olive oil
- 4 ounces sliced mushrooms, stems discarded
- 1/2 cup thinly sliced onion
- 1 medium garlic clove, minced
- 1/8 teaspoon salt
- 2 teaspoons fresh lemon juice
- 1 pinch pepper

Fill a medium saucepan 3/4 full of water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, 5 minutes, or until tender-crisp. Drain well in a colander.

In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic and salt 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper and cooked green beans.

**Nutritional information per serving:** 60 calories; 25 calories from fat; 2.5 g total fat; 0.5 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 0 mg cholesterol; 60 mg sodium; 300 mg potassium; 9 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 0 g added sugar; 2 g protein; 70 mg phosphorus. Choices/Exchanges: 2 vegetable, 1/2 fat.



Green Beans with Mushrooms and Onions



# COLLECTIBLES

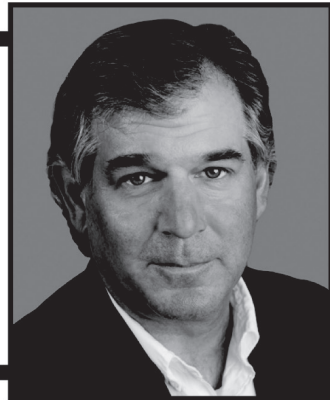
## Carved powder horns are pieces of early American folk art.



Carved powder horns from the mid-to-late 18th century are wonderful pieces of early American folk art. From animals and ships to other scenes, they help tell the story of the era through simple and sometimes naïve carving. The best part for me is when there is a name and a date to research and find out more about the life of the original owner. I took in one such horn a few weeks ago.

As I had other things to do first, I placed the horn within eyesight and would pick it up from time-to-time to look at the carving and name. When I got the chance to sit down with it and do research, more information came to light.

It is a typical horn of the period, a cow horn that has been shaved and filed to shape and is made for someone who is right-handed. It is not typical in that it is made with a brass spout and a band to attach the spout made of lead. This could have been a period repair but it's something I haven't seen often. It has a typical pine plug fit into the base of the horn that is attached with tiny wooden pegs. The base has cross hatched lines with half circles, a crude ship with a flag and pennant, a snake, incised lines and foliate designs.



**By Joel Bohy**  
*Historic Arms & Militaria*  
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Along the side it is marked "IOSEPH RUMRILL/HIS HORN JULY Ye 28: 1748." The next step was to see what I could find out about him.

Joseph Rumrill was born in Chelmsford, Massachusetts about 1726. At some point he settled in Townsend, Massachusetts, a small town in northwest Middlesex County. As he was a male over the age of 16 it was his duty to join the militia. Tensions were running high with the French and their Native allies after King Georges War, and he enlisted in Captain Edward Hartwell's company on August 9, 1748 to guard against enemy attacks. He served in Hartwell's company until October 17, 1748 but his service did not end there. He was still serving in the militia and is listed as a member of Captain John Stevens

foot company of Townsend and he received a bayonet for his gun on November 3, 1759.

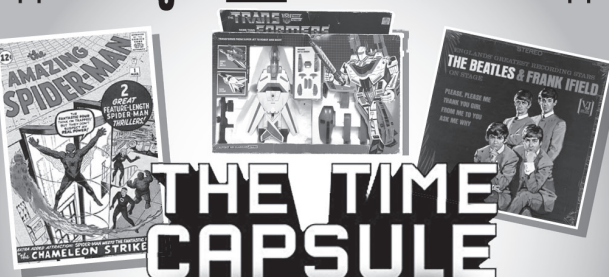
Rumrill married Lucy Stevens on June 22, 1749 and started a family. On April 19, 1775 when the British marched to Concord to destroy Provincial stores sparking the American Revolution, he marched along with his 19-year-old son, Joseph jr., in Captain James Hosley's company, Colonel William Prescott's regiment. While they did not arrive in time for the fight that day, they did take part in the Siege of Boston.

He seems to have returned to Townsend after April 19 and resumed his life. He died on May 21, 1799 at the age of 73 and is buried in Townsend.

While the entire story is not complete, this carved horn gives us a glimpse into the life of a Colonial man. A husband, father, and his community life during this tumultuous period and the founding of a nation.

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